



Bodhi J

Wellness | Spa | Retreat

TREATMENT MENU

ORGANIC & NATURAL

The Bodhi J Promise

An Exceptional Spa Experience

100% Organic and Natural

We care about our guests health and wellbeing

Excellence

We do not accept mediocrity. We expect to (and are expected to) excel in everything we do

Integrity

Putting our heart, soul, love and passion in to everything we do

Our Community

Giving back to the community that supports us by way of donations to local sporting clubs, charities, schools and fundraising events

Exceptional Customer Care

Each and every guest must receive the 'wow' factor each and every time, no matter which treatment, therapist or receptionist they have or see

Our Environment

Taking a 'tread lightly' approach in our daily work lives by recycling, minimising water use and general waste and using natural alternatives to chemical cleaning products

Our People

We pride ourselves on our nurturing qualities and passion for the wellness industry.
We are a family

Our Core Values

“DUTY MAKES US DO THINGS WELL BUT LOVE MAKES US DO THEM BEAUTIFULLY”

With dedication to providing only the highest quality, luxurious, natural and holistic treatments in a beautiful peaceful space, our guests are able to truly relax and find inner peace. Whilst in our care our guests are our world, we become their providers, their protectors, their healers, their teachers.

We aim to provide exceptional, consistent and industry leading care and service to each of our guests and strive to surpass any previous spa experience - every single time.

Bodhi J are Western Australia's premiere 100% natural and organic day spa's. We care about YOU and we care about OUR environment.

ORGANIC & NATURAL

FACIALS

Sodashi Stop & Relax Facial (30 min).....\$95

The perfect facial for those on the run. A luxurious express facial that cleanses, exfoliates and hydrates the skin.

Sodashi Samadara Ultimate Age-Defying Eye Treatment (30 min).....\$110

This is the ultimate treatment for your eyes. Petite rose quartz crystals are used to gently massage around your eyes to restore tone, remove tension and reduce fine lines. Samadara™ Ultimate Age-Defying Eye Crème is applied under a mineral rich mask, which gently warms to enhance the absorption of plant essences in to the deeper layers of the skin. Timeless anti-aging techniques rooted in Ayurvedic healing traditions are performed over the eye area to complete this luxurious experience.

Sodashi Pure Radiance Facial (60 min).....\$155

The Sodashi Pure Radiance Facial is a classic facial that is tailored to your specific skin type. You can relax and enjoy this aromatic experience, which will soften, nourish, balance and significantly enhance the radiance of your complexion. A journey of total renewal and deep relaxation. This treatment begins with aromatic warm facial compresses to soften and exfoliate, followed by the application of a nurturing face mask rich in plant essences to purify and hydrate the skin. This facial experience is tailored to individual skin needs, using Sodashi’s luxurious botanical formulations to leave skin revitalised and fresh.

Li’tya Mikiri Facial (70 min).....\$170

Eliminate toxins, renew, restore and heighten nutrient absorption of the skin. A tailor-made facial for the individual which targets specific problem areas, such as sensitivities, dehydration and congestion, by the use of herbal masks, revitalizing facial massage and a Li’tya Paudi scalp massage inspired by traditional Aboriginal techniques.

Hydro Microdermabrasion (60 min).....\$170

These treatments erase surface skin layers at varying depths in a controlled manner, leaving you with the cleanest skin you will ever have. Using water to mechanically alter the epidermis and invigorate collagen and elastin production. The perfect remedy for improving many skin conditions and imperfections such as congestion, acne scarring and pigmentation.

Sodashi Marine Mineral Facial (75 min).....\$185

Experience the benefits of using active marine ingredients. Your skin will be mineralised and oxygenated leaving it firm and toned with an even complexion. It’s the perfect pick-me-up for tired skin.

Sodashi Thermal Infusing Facial (90 min).....\$210

An intensive boost of all nature’s vitamins and minerals, Sodashi’s exclusive Warm Infusing Mask will maximise penetration of nature’s essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin needs to purify and deeply cleanse and nourish, leaving your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial, it’s nature’s face lift.

Sodashi Crystal Opulence Facial (90 min).....\$225

You are taken on a deeply relaxing journey as you enjoy Sodashi’s aromatic warm facial compress that softens and exfoliates the skin, preparing you for a truly unique facial experience. Combining the healing energy of carnelian, rose quartz and green aventurine crystals with a nutrient rich plant essence synergy designed to bring radiance to the complexion. The results are impressive and bring balance to the physical, emotional, mental and spiritual self.

Samadara Ultimate Age-Defying Facial (105 min).....\$260

This facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin’s natural healing energies. Transform your skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A rose quartz crystal facial massage enables the powerful Samadara™ Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

Extractions (20 min) Add this to any facial for an additional.....\$40

Refer to page 23 for Bodhi J Injidup prices and facial offerings.





MASSAGE

Express Back Massage (30 min).....\$85

For the busy person who requires a quick-fix stress relief.

Indian Head Massage (30/60 min).....\$85/135

This massage is great for relieving the stress and tension in our everyday lives. The technique uses controlled movements and has a strong effect on the three higher chakras – the mind, body and spirit.

Aromatherapy Massage (60/90 min).....\$135/185

A full body massage using carefully selected blended oils, this treatment is designed specifically to help you relax.

Deep Tissue Massage (60/90 min).....\$145/195

This massage provides a healing treatment that can be gentle or strong, deep or shallow. Deep tissue massage holistically treats the whole body and traces the discomfort as far as possible back to the original cause, healing both the cause of the disorder as well as the symptoms.

Warm Bamboo Massage (60/90 min).....\$155/205

This unique massage involves using heated bamboo rods of various sizes to knead and roll out knots and relax tense muscles. It is the perfect massage to counter the effects of stress, tension and lack of rest.

Li'tya Marma Kodo Pregnancy Massage (70 min).....\$155

Integrating traditional elements of the Li'tya Kodo, this massage works gently combining aspects of the Li'tya Kodo pressure points and spiralling movements to ground and uplift, leaving the body's energies laughing with joy and works to prevent disharmony and nurture the pregnant mother and child.

Li'tya Kodo Massage (90 min).....\$205

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body's energies renewed and refreshed.

Sodashi Signature Massage (90 min).....\$210

Combining the healing power of touch with Sodashi's unique techniques, this deeply relaxing massage uses smooth stroking movements with light to medium pressure to encourage an increase in lymphatic circulation and balance the energy meridians in the body. The synergy of Sodashi's natural plant oils and aromatic plant essences will nourish your skin and help to relieve emotional and physical tension.

Li'tya Kodo Rock Massage (90 min).....\$220

These magical ancient primordial stones from North Western Australia are integrated into a treatment that is aligned with the rhythmic Kodo body massage inspired by traditional Australian Aboriginal techniques which tone and re-align energy flow, enhancing mind and body balance and wellness. The therapist skilfully integrates the rocks with pressure points and spiralling movements that work to ground and uplift, leaving the body's energies dancing with joy.

Sodashi Crystalus Body Massage (90 min).....\$230

A sensory experience designed to influence the mind, body and spirit using ancient Australian healing stones and crystals. Through the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing about total relaxation, rejuvenation and harmony.

ORGANIC & NATURAL

*NB: Not all of these treatments are suitable during pregnancy.
Refer to page 23 for Bodhi J Injidup prices and massage offerings.*

BODY THERAPIES

Bodhi's Salt Scrub (60 min).....\$140

Enjoy an energising full body exfoliation using organic oils and water-washed Australian sea salt, stimulating circulation, soothing tired muscles and leaving the skin invigorated and the spirit revitalised.

Bodhi's Sugar & Lime Body Exfoliation (60 min).....\$140

This totally natural, deeply moisturising exfoliation combining raw sugar, extra virgin olive oils and calendula healing oils will leave your skin soft and nourished. As a finishing touch the application of a richly scented Sodashi moisturiser will leave your skin vibrant and replenished.

Sodashi Vanilla Body Bliss (60 min).....\$150

This highly fragrant and gentle all-over body exfoliation will soothe and calm the mind and body while revitalizing and hydrating the skin. Containing the active ingredient of sandalwood powder, this treatment is the perfect tonic to relieve tired, aching muscles. Following this fragrant experience you will delight in the aromas of vanilla and coconut infused in your skin. This treatment is safe and effective before, during and after pregnancy.

Sodashi Body Balance Salt Glow (60 min).....\$150

Bring your body back to balance with the application of warm soothing oils, followed by a Himalayan Salt and Plant Essence Therapy Treatment. Relieve stress and fatigue while gently stimulating the body's circulation. This salt therapy treatment is also perfect after long periods of travel or exercise.

ORGANIC & NATURAL

*NB: Not all of these treatments are suitable during pregnancy.
Refer to page 24 for Bodhi J Injidup prices and body therapy offerings.*





BODY THERAPIES

Bodhi's Mud Wrap with Dry Body Brushing (60 min).....\$150

A combination of organic oils and Australian soft green clay to help revitalise tired, dull skin and to drain away toxins leaving the skin glowing. This warm, soothing wrap assists the body in removing fatty deposits and reducing fluid retention.

Sodashi Soul to Sole (60 min).....\$155

We begin this collection of Sodashi therapies with an aromatic steaming head wrap and the application of an enriching scalp mask. The mask is massaged into the scalp to relieve tension and provide essential nutrients, leaving your hair soft and shiny. Then warm compresses and luxurious jojoba beads exfoliate your hands before a rich cream is massaged deeply into the skin to nourish and soften. To finish, we provide total relief for aching feet and legs with Sodashi's soothing foot cream using the oils of mint and arnica to increase circulation and reduce swelling.

Sodashi Purifying Body Boost with Dry Body Brushing (75 min).....\$170

Boost your energy levels and re-energise your whole system. To begin this cleansing treatment, the circulation is stimulated with invigorating body brushing. Sodashi's 100% natural purifying and detoxifying mask is then applied to the whole body. With intensive drawing properties this mask stimulates the circulatory system, relieving the body of any sluggishness and congestion, helping to remove unwanted toxins. The purification process is enhanced by an application of an enlivening Sodashi body moisturiser.

Sodashi Detoxifying Marine Body Wrap (90 min).....\$210

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's organic green tea and dead sea salts that will leave your skin soft and enlivened. A warm Sodashi Marine Body Mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

ORGANIC & NATURAL

NB: Not all of these treatments are suitable during pregnancy. Refer to page 24 for Bodhi J Injidup prices and body therapy offerings.



HANDS & FEET

File and Paint – Fingers (20 min).....\$45

File and Paint – Toes (20 min).....\$45

Soothing Mint Foot Therapy (30 min).....\$70

Soothe and revitalise tired, sore feet with Sodashi's invigorating sea salt polish to refresh the skin and stimulate circulation. Sodashi's mint foot cream with the oils of arnica, lavender and peppermint oils is massaged into your feet and lower legs to provide total relaxation.

Express Manicure (40 min).....\$75

We begin with nail filing and cuticle work, followed by a light moisturisation with our beautiful Sodashi Hand Rescue Cream leaving hands silky and smooth. The final touch is your choice of polish.

Express Pedicure (40 min).....\$75

A foot bath with essential oils will get your feet relaxed before we file and buff your toenails. This is followed with a cuticle treatment. A light leg and foot moisturisation with our Sodashi Mint Soother will leave you feeling recharged and revived. The final touch is your choice of polish.

Spa Manicure (60 min).....\$100

A truly lavish manicure. It begins with a relaxing soak in essential oils, followed by an exfoliation using ground walnut shell and finishing with a hydrating Australian clay mask. A relaxing massage with Sodashi Hand Rescue Cream leaves hands silky and smooth, then enjoy a cooling mud mask to soothe and detoxify the skin. The final touch is your choice of polish.

Spa Pedicure (60 min).....\$100

Lay back, relax and enjoy as we soothe hard working feet in need of a pamper. Indulge in a calming foot bath of essential oils to get your feet relaxed then exfoliated with ground pumice, filed and buffed, followed with a cuticle treatment and hydrating Australian clay mask. A calming leg and foot massage with Sodashi Mint Soother will leave you feeling recharged and revived. The final touch is your choice of polish.

Foot Reflexology (60 min).....\$145

Reflexology is based on the premise that different areas of the feet reflect different parts of the body. The foot massage provides an overall tonic that will entirely relax you. Reflexology also increases blood flow, which promotes increased energy flow. This is excellent for maintaining good health.

Deluxe Spa Manicure (allow 90 min).....\$150

The most decadent of hand treats. Begin with a relaxing soak for your hands before we begin your cuticle and nail work. A sugar scrub exfoliates and removes any dry skin. A luxurious olive oil and lemon balm is applied and then your hands are wrapped in hot towels to allow the balm to work its magic. Whilst this is happening, enjoy a relaxing foot and calf massage. We finish your treatment with a polish of your choice.

Deluxe Spa Pedicure (allow 90 min).....\$150

The most decadent of feet treats. Soak your feet before we begin your cuticle, nail and foot work. A sugar scrub exfoliates and removes any dead skin cells. A foot balm is applied and then your feet are wrapped in hot towels to allow the balm to work its magic. Whilst this is happening, enjoy a hand and arm massage. We finish your treatment with a polish of your choice.

French Polish (20 min) Add this to any nail service for an additional.....\$20

*NB: Not all of these treatments are suitable during pregnancy.
Please be aware that we are unable to remove Gel/Shellac polish.
Please arrange removal prior to your Bodhi visit.
Hand and foot treatments are not available at Bodhi J Injidup.*

ORGANIC & NATURAL





♂ FOR HIM

His Manicure (30 min).....\$70

His Pedicure (40 min).....\$75

Spa Pedicure for Him (60 min).....\$100

Man Maintenance Facial (60 min).....\$155

Begin with a relaxing Sodashi salt therapy back massage that will ease stress and reduce tension in the mind and body. Continue with a deep cleansing and exfoliating facial that balances the skins natural oils and assists in preventing ingrown hairs. Sodashi's soothing mists with woody aromas will desensitise your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalised.

Bodhi's Escape for Him (allow 2 hours).....\$285

A healing Deep Tissue Massage to relax him, followed by a Man Maintenance Facial.

De-Stress for Him (allow 2¼ hours).....\$310

He begins his journey with a detoxifying steam room or infra-red sauna session. A Bodhi's Salt Scrub invigorates his body before a Deep Tissue Massage completes his de-stress time with us.

Waxing

Neck.....\$15

Eyebrow Wax and Shape.....\$25

Nose and Ears.....\$30

Shoulders.....\$35

Chest.....\$45

Arm.....\$50

Full Leg.....\$70

Back From.....\$50

Back and Shoulders.....\$70



SPA JOURNEYS

Retreat for One/Two (allow 1½ hours).....\$170/320

Relax and unwind in our soothing bath/spa whilst enjoying a glass of champagne, fruit platter and chocolate and finish your escape with a full body Aromatherapy Massage, or upgrade to a Deep Tissue Massage for an additional \$10pp.
Why not spend some quality time with your loved one, it's a great way to escape from everyday life together.

Sodashi Rejuvenation (allow 1½ hours).....\$225

Renew and balance your mind, body and soul with this rejuvenating spa experience. Enjoy a Vanilla Body Bliss, an all-over body exfoliation which will soothe and calm the mind and body while relieving tired,aching muscles.You will delight in the aromas of vanilla and coconut infused in your skin. This spa therapy arrangement is complete with a totally refreshing Sodashi Stop and Relax Facial that enhances natural radiance and balances the complexion.

For Mum to Be (allow 1½ hours).....\$235

The perfect way for mums-to-be to relax. Enjoy a full body Li'tya Marma Kodo pregnancy massage and complete your experience with a Sodashi Stop and Relax Facial.

Arabian Oud Therapy (allow 1½ hours).....\$260

This impossibly deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results in terms of released muscular tension, improved digestion, detoxification and skin radiance.The benefits of this holistic treatment however extend far beyond the physical. It has a profound ability to release stored emotions and alleviate negativity to improve emotional, energetic and spiritual wellbeing.

Island Escape (allow 2½ hours).....\$315

Choose to bathe in our bath/spa or drift into our steam room or infra-red sauna before floating to paradise during a full body Aromatherapy Massage. Enjoy the peace and quiet in tranquil surrounds while we perform a Sodashi Pure Radiance Facial to complete your voyage to serenity, or upgrade to a Deep Tissue Massage for an additional \$10.

Pregnancy Pamper (allow 2½ hours).....\$325

Designed for those expecting. Enjoy a full body Li'tya Marma Kodo pregnancy massage to soothe and relieve any aches and pains. A Sodashi Stop and Relax Facial for a wonderful boost and relaxation. Complete your pampering with a Soothing Mint Foot Therapy followed by a file and paint for your toes.

ORGANIC & NATURAL

*NB: Not all of these treatments are suitable during pregnancy.
All Spa Journey packages are discounted. No further discounts are permitted.
Baths/spas not available at Westin Hotel.
Refer to page 25 for Bodhi J Injidup prices and spa journey offerings.*

♂♀ SPA JOURNEYS

Indulgent Escape (allow 3 hours).....\$340

Lie back and relax while we work our magic. Begin in our rejuvenating steam room or infra-red sauna before enjoying an invigorating body exfoliation. You will then slip in to a soothing bath/spa to naturally replenish the mind and body before ending your journey with a full body Aromatherapy Massage. The perfect escape from everyday life.

Li'tya Mala Mayi (allow 2½ hours).....\$355

Unwind and celebrate with this complete body rejuvenation experience. After an invigorating exfoliation with your choice of Australian desert salts and aromatic oils your body will be cocooned in a layer of silky warm mineral rich Mapi Body Mud. An Aboriginal inspired scalp massage allows you to drift away to another realm and calms the soul. You will then surrender to the healing, grounding and spiritually uplifting rhythmic Li'tya Kodo full body massage to complete this truly holistic experience.

Sodashi Energise (allow 3½ hours).....\$480

Commencing with a delicious Himalayan Salt and Citrus Full Body Scrub to stimulate and enliven. Then let the tension in your body melt away with a Sodashi Signature Massage using one of their finest energising blends. Before completing this head to toe, uplifting experience you will delight in a hydrating and cleansing Pure Radiance Facial, leaving your entire being revived and ready to go.

Li'tya The Dreaming (allow 4½ hours).....\$550

Relax, revitalise and rejoice with our signature treatment to reconnect body, mind and soul, from head to toe and from outside in. This ritual includes a Li'tya Mala Mayi Body Wrap, Li'tya Kodo Body Massage, Li'tya Paudi Head Massage, Li'tya Mirri Facial and Li'tya Miji Polama and Jina Hand and Foot Treatments. Renewing your energy and emotions, the soul is left refreshed and smiling with delight.

Bodhi's Decadent Escape (allow 5 hours).....\$560

Begin your escape in either our steam room, infra-red sauna, spa or bath followed by a full body Aromatherapy Massage. Your therapist will then not only transform your skin but also your mind with a Sodashi Pure Radiance Facial. An Express Manicure and Deluxe Pedicure will end your decadent journey.

Bodhi's Nature Escape (allow 7 hours).....\$770

Start your journey with an invigorating Bodhi's Salt Scrub. Drift into a daze while the warm mud wrap is taking effect before slipping into a soothing bath/spa to enjoy a glass of champagne, fruit platter and chocolate. Enjoy a light lunch break before a full body Aromatherapy Massage and Sodashi Pure Radiance Facial. A manicure and pedicure completes your blissful journey.



BEAUTY THERAPIES

Mineral Make-up

Ball.....	\$40
Special Occasion.....	\$85
Wedding (including trial session).....	\$150

Tinting

Eye brow Tint.....	\$20
Eye lash Tint.....	\$30
Lash & Brow Tint.....	\$44

Waxing

Eye brow Tidy (10 min).....	\$20
Eye brow Shape (20 min).....	\$25
Lip.....	\$20
Chin.....	\$18
Sides of Face.....	\$25
Eye brow, Lip & Chin.....	\$48
Lower Back.....	\$20
Underarm.....	\$25
Half Arm.....	\$30
Full Arm.....	\$44
Lower Leg.....	\$40
Upper Leg.....	\$48
Three Quarter Leg.....	\$50
Full Leg.....	\$62
Bikini.....	\$30
G-String.....	\$46
Brazilian.....	\$65

ORGANIC & NATURAL

NB: Not available at Bodhi J Injidup.







HEALING THERAPIES

Reiki (30 min).....\$80

Universal Life Energy is transmitted through the hands of the therapist to the recipient to support the body's own ability to heal itself. Allow your own energy to flow smoothly in harmony by removing old blockages and stagnant energy. It is energizing, revitalizing, balancing and deeply relaxing.

Sodashi Chakra Balancing Treatment (90 min).....\$210

Deeply meditative, this experience aims to bring the chakras into alignment through a fluid combination of massage, specific essential oil synergies and beautiful crystals. Working subtly on the energetic body with profound effects, this truly unique experience leaves you feeling calm and in a state of harmony, resulting in an increase in wellbeing and spirituality.

Yoga (60 - 75 min).....\$20

Here at Bodhi J, our teachers each deliver their own unique teachings of a Vinyasa Flow, Power Flow, Yin and Gentle Hatha class - incorporating a variety of poses to warm, stretch, strengthen, tone and flex the body, challenging everybody and providing options for all levels (including absolute beginners). Available at Bodhi J Pier Street only.

SPA EXTRAS

Bath (30 min).....\$50

Hydrotherapy Spa (30 min).....\$50

Infra-red Sauna (30 min).....\$50

Steam Room (30 min).....\$50

Lunch by Source Foods.....POA

Why not stay a little longer and have lunch brought to you by Source Foods, who choose to use a combination of fresh, local, organic or free range produce. Minimum \$20 order for delivery. Available at Bodhi J Pier Street only.

ORGANIC & NATURAL

*NB: Not all of these treatments are suitable during pregnancy.
Spa Extras options vary between locations.
Not available at Bodhi J Injidup.*

Bodhi J Injidup Treatment Menu



Bodhi J
@INJIDUPSPA
RETREAT

MASSAGE @ Bodhi J Injidup

Bodhi's Relax Massage (60/90 min).....\$145/205

Our relax massage is a full body massage that uses carefully selected blended oils, and is specifically designed to help you relax. You'll be transported into a deep, calming state where your worries and tension melt away.

Tension Release (60/90 min).....\$155/215

This massage provides a healing treatment that can be gentle or strong, deep or shallow. Tension massage holistically treats the whole body and traces the discomfort as far as possible back to the original cause, healing both the cause of the disorder as well as the symptoms.

Pregnancy Massage (60 min).....\$150

A safe and immensely enjoyable massage designed for mums-to-be. This therapeutic massage can help reduce stress and blood pressure, relieve strain on the ankles, knees and back as well as increase blood and lymphatic flow, leaving the body's energies laughing with joy and nurturing the mother and child.

Li'tya Kodo Rock Massage (90 min).....\$230

These magical ancient primordial stones from North Western Australia are integrated into a treatment that is aligned with the rhythmic Kodo body massage that is inspired by traditional Australian Aboriginal techniques which tone and re-align energy flow, enhancing mind, body balance and wellness. The therapist skilfully integrates the rocks with pressure points and spiraling movements that work to ground and uplift, leaving the body's energies dancing with joy.

FACIALS @ Bodhi J Injidup

Sodashi Pure Radiance Facial (60 min).....\$160

The Sodashi Pure Radiance Facial is a classic facial that is tailored to your specific skin type. You can relax and enjoy this aromatic experience, which will soften, nourish, balance and significantly enhance the radiance of your complexion. A journey of total renewal and deep relaxation. This treatment begins with aromatic warm facial compresses to soften and exfoliate, followed by the application of a nurturing face mask rich in plant essences to purify and hydrate the skin. This facial experience is tailored to individual skin needs, using Sodashi's luxurious botanical formulations to leave skin revitalised and fresh.

Sodashi Marine Mineral Facial (75 min).....\$190

Experience the benefits of using active marine ingredients. Your skin will be mineralised and oxygenated leaving it firm and toned with an even complexion. It's the perfect pick-me-up for tired skin.

Sodashi Thermal Infusing Facial (90 min).....\$225

An intensive boost of all nature's vitamins and minerals, Sodashi's exclusive Warm Infusing Mask will maximise penetration of nature's essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin needs to purify and deeply cleanse and nourish, leaving your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial, it's Nature's Face Lift.

Samadara Ultimate Age-Defying Facial (105 min).....\$285

This facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Transform your skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A rose quartz crystal facial massage enables the powerful Samadara™ Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

ORGANIC & NATURAL

NB: Not all of these treatments are suitable during pregnancy.

BODY THERAPIES @ Bodhi J Injidup

Sodashi Body Balance Salt Glow (60 min).....\$160

Bring your body back to balance with the application of warm soothing oils, followed by a Himalayan Salt and Plant Essence Therapy Treatment. Relieve stress and fatigue while gently stimulating the body's circulation. This salt therapy treatment is also perfect after long periods of travel or exercise.

Sodashi Vanilla Body Bliss (60 min).....\$160

This highly fragrant and gentle all-over body exfoliation will soothe and calm the mind and body while revitalizing and hydrating the skin. Containing the active ingredient of sandalwood powder, this treatment is the perfect tonic to relieve tired, aching muscles. Following this fragrant experience you will delight in the aromas of vanilla and coconut infused in your skin. This treatment is safe and effective before, during and after pregnancy.

Sodashi Detoxifying Marine Body Wrap (90 min).....\$210

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's Organic Green Tea and Dead Sea Salts that will leave your skin soft and enlivened. A warm Sodashi Marine Body Mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

PETITE TREATS @ Bodhi J Injidup

Designed to complement massage or facial treatments.

Scalp Massage & Hair Treatment (30 min).....Add-on \$75 | Solo \$95

A luxurious and moisture rich Sodashi Scalp Mud is massaged over your scalp and hair to release pressure and tension. This massage is great for relieving the stress and tension obtained in your everyday live. The technique uses controlled movements and has a strong effect on the three higher chakras – the mind, body and spirit. This mask treatment is left to deeply nourish your scalp, leaving your hair feeling silky and looking shiny.

Soothing Mint Foot Therapy (30 min).....Add-on \$75 | Solo \$95

Soothe and revitalise tired, sore feet with Sodashi's invigorating sea salt polish to refresh the skin and stimulate circulation. Sodashi's mint foot cream with the oils of arnica, lavender and peppermint is massaged into your feet and lower legs to provide total relaxation.

Back Massage (30 min).....Add-on \$75 | Solo \$95

For the busy person who requires a quick-fix stress relief, our back massages will help relive any tension, leaving your mind and body feeling lighter and more relaxed.

Sodashi Stop and Relax Facial (30 min).....Add-on \$75 | Solo \$95

A luxurious express facial that cleanses, exfoliates and hydrates the skin. The perfect facial for those on the run or ideal to add on to other treatments.

ORGANIC & NATURAL

NB: Not all of these treatments are suitable during pregnancy.

Retreat (allow 1½ hours).....Solo \$210 | Couples \$390

Enjoy a glass of champagne, fresh fruit and indulgent chocolate as you relax and unwind in our hydrotherapy spa. Your spa escape will conclude with a full body Bodhi's Relax Massage. Why not spend some quality time with your loved one, it's a great way to escape from everyday life together.

Unwind (allow 2½ hours).....\$350

Commence your journey to paradise with a full body Bodhi's Relax Massage. Enjoy the peace and quiet in tranquil surrounds while we perform a Sodashi Pure Radiance Facial then complete your voyage to serenity with a heavenly Scalp Massage and Sodashi Scalp Treatment and Mask.

Tranquility (allow 4 hours).....\$550

Commencing with a delicious Detoxifying Marine Body Scrub and Wrap to stimulate and enliven. Then let the tension in your body melt away with a soothing hydrotherapy spa whilst enjoying a glass of champagne, fresh fruit and indulgent chocolate as you relax and unwind before a Bodhi's Relax Massage relieves the body of built up tension. Before completing this head to toe, uplifting experience you will delight in a hydrating and cleansing Sodashi Pure Radiance Facial, leaving your entire being revived and ready to go.

ORGANIC & NATURAL

*NB: Not all of these treatments are suitable during pregnancy.
All Spa Journey packages are discounted. No further discounts are permitted.*



Bodhi J

Wellness | Spa | Retreat

To enhance your experience at our organic and natural spa please note the following suggestions and terms:

- **Arrival Time:** We ask you to arrive 15 minutes prior to your treatment beginning to allow you time to change and unwind. Arriving late will reduce treatment time, lessening its effectiveness and your pleasure; the treatment will finish at the scheduled time to ensure the next guest is not delayed. We invite you to make full use of our lounge facilities before and after your treatment.
- **Reservations:** Booking in advance is recommended. Where time permits we are happy to accommodate spontaneous guests. Bodhi J requires credit card details to confirm your reservation. Please mention if you are redeeming a gift voucher at time of booking.
- **Consultation:** Before beginning 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 adapt the treatment to suit your personal requirements. It is our personal aim to treat and relax 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 immediately.
- **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 6 months. Lost/stolen vouchers 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 prices/treatments vary between locations so a Perth/Wembley/Westin Hotel purchased voucher can be used at Injidup for the dollar value only and vice versa.

- **Cancellations:** We require 24 hours notice of appointment cancellation (and 48 hours on Saturday's, Sunday's and Public Holidays) to avoid full charges being applied to your cancelled treatment, including gift voucher bookings, which will then be deemed void.
- **Payments:** We accept 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 in the spa.
- **Spa Manners:** As a kind consideration to all guests, we keep noise to a bare minimum at all times. Mobile phones are considered contraband in a spa environment. Though we love children they are not permitted in the treatment rooms or lounge areas and their attendance is discouraged.
- **Parking:** Plenty of free parking is situated on Nanson Street for our Wembley location. For Bodhi J Perth, both free and metered parking is available on Pier and surrounding streets. For the Westin Hotel, valet parking is available (charges apply) and metered parking is available in the vicinity of the hotel. For our Injidup Spa free parking is to the right of the carpark.
- **Pre Natal:** Please let us know of your pregnancy when you reserve your booking to ensure both your wellness and enjoyment. Some spa treatments may require you to be in your second trimester while others may not be suitable for pregnant guests.
- **Illnesses:** Please advise at time of booking if you are undergoing radiation or chemotherapy. We advise that you talk to your doctor regarding which treatments are safe.
- **Group Bookings:** We are more than happy to make special group arrangements for birthday celebrations, hen's 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 vouchers. Discounts will not be applied to our Spa Journey packages. No discounts can be applied to any services/treatments on Sundays and public holidays.



Bodhi J

Wellness | Spa | Retreat

Perth/Highgate

317-319 Pier Street
Perth WA 6000
08 9466 8260

pierstreet@bodhij.com.au

Wembley

42C Grantham St
Wembley WA 6014
08 9387 5152

wembley@bodhij.com.au

Westin Hotel

Level 5/480 Hay Street
Perth WA 6000
08 6559 1818

westin@bodhij.com.au

Yallingup/Injidup

31 Cape Clairault Road
Yallingup WA 6282
08 9750 1300

injidup@bodhij.com.au

Wellbeing Studio @ Qantas

International Transit Lounge
T3 Fauntleroy Avenue
Perth Airport WA 6105
yoga@bodhij.com.au

Nb Spa services in this menu not available at airport.

www.bodhij.com.au