



BODHI

WELLNESS | SPA | RETREAT

SPA MENU

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.



FACIALS

LED LIGHT THERAPY* | 30 MIN

Weekdays \$120 / Weekends \$135

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

Weekdays \$210 / Weekends \$240

Best for hydration | A Sodashi facial to deeply hydrate and nourish the skin.

SKIN PERFECTING FACIAL* | 60 MIN

Weekdays \$245 / Weekends \$275

Best for fine lines, pigmentation, sun damage or congestion | An Alpha-H facial with gentle glycolic peel.

BODHI BRIGHTENING FACIAL* | 90 MIN

Weekdays \$280 / Weekends \$325

Best for brightening and clarity | Illuminating and firming with a lymphatic drainage facial massage to restore clarity and reduce inflammation.

THERMAL LUMINOSITY FACIAL* | 90 MIN

Weekdays \$295 / Weekends \$340

Best for firming and plumping | A Sodashi facial with thermal mask to plump, firm and smooth.

MASSAGE

BODHI HEAD MASSAGE* | 60 MIN

Weekdays \$190 / Weekends \$220

Dissolve stress, fatigue and tension from head, face, neck and shoulders.

BODHI RELAX MASSAGE | 60 MIN / 90 MIN

Weekdays \$195 / \$275 | Weekends \$225 / \$320

A luxurious Swedish-style massage using light to medium pressure.

BODHI TENSION RELEASE MASSAGE | 60 MIN / 90 MIN

Weekdays \$210 / \$295 | Weekends \$240 / \$340

An invigorating massage to melt away deep-seated tension.

BODHI PREGNANCY MASSAGE* | 60 MIN / 90 MIN

Weekdays \$210 / \$295 | Weekends \$240 / \$340

A deeply nurturing massage to alleviate tension, heaviness and swelling.

BODHI KODO MASSAGE | 90 MIN

Weekdays \$305 / Weekends \$350

A rhythmic massage inspired by Indigenous healing to melt away tension.

WELLNESS THERAPIES

BODHI SALT SCRUB | 60 MIN

Weekdays \$210 / Weekends \$240

Himalayan Salts – strong exfoliant.
Vanilla & Sandalwood* – gentle exfoliant.

CONTOUR + DETOX BODY WRAP | 90 MIN

Weekdays \$315 / Weekends \$360

Anti-cellulite and detoxifying, a lymphatic boosting salt scrub is followed by a warm mineral-rich clay mask and soothing scalp massage.

BODHI CHAKRA BALANCE* | 90 MIN

Weekdays \$325 / Weekends \$370

A deeply meditative combination of massage, aromatherapy, reiki and crystal therapy to bring balance to the body's main chakra system.



SPA JOURNEYS

BODHI RESTORE* | ALLOW 90 MIN

FOR ONE: Weekdays \$230 / Weekends \$275

FOR TWO: Weekdays \$450 / Weekends \$525

Enjoy a 30 min Leisure Deck Pass followed by a luxurious Swedish-style massage using light to medium pressure.

Upgrade to a 60 min Leisure Deck Pass

Weekdays \$10pp / Weekend \$15pp.

BODHI PREGNANCY NURTURE* | ALLOW 90 MIN

Weekdays \$325 / Weekends \$370

BODHI Pregnancy Massage + Sodashi Instant Glow Facial.

BODHI PREGNANCY RETREAT* | ALLOW 2 HOURS

Weekdays \$425 / Weekends \$485

BODHI Pregnancy Massage + Sodashi Hydrate Renewal Facial + KNESKO Collagen Foot Mask.

BODHI ESCAPE | ALLOW 2 HOURS + 30 MIN

Weekdays \$520 / Weekends \$595

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

Upgrade to a BODHI Tension Release Massage I + \$15pp.

BODHI GROUNDING RITUAL ALLOW 2 HOURS + 30 MIN

Weekdays \$540 / Weekends \$615

Full-Body Exfoliation + Mineral-Rich Body Wrap + Scalp Massage + BODHI Kodo Massage.

BODHI AWAKENING RITUAL | ALLOW 5 HOURS

Weekdays \$840 / Weekends \$990

Mineral-Rich Body Wrap + BODHI Kodo Massage + Botanical Facial + Nurturing Head Massage + Nourish Foot and Hand Therapies + Refreshments.

PRIVATE RETREATS - POA

LEISURE DECK

SAUNA, STEAM + SPA | 60 MIN

Weekdays \$60 / Weekends \$80

Add on to any BODHI treatment.

ENHANCEMENTS

GUA SHA FACIAL MASSAGE* | 20 MIN

Weekdays \$70 / Weekends \$80

SAMADARA AGE-DEFYING FORMULATIONS* | \$50

KNESKO COLLAGEN MASKS* | Ask in spa for details.

BACK MASSAGE | 30 MIN

Weekdays \$120 / Weekends \$135

INSTANT GLOW FACIAL* | 30 MIN

Weekdays \$125 / Weekends \$140

LED LIGHT THERAPY* | 20 MIN

Weekdays \$90 / Weekends \$100

SCALP MASSAGE + LEAVE-IN HAIR TREATMENT* | 30 MIN

Weekdays \$135 / Weekends \$150

ADD WARM ROCKS TO A MASSAGE | \$20

BODHI Value Package

Purchase six treatments get one free.

Conditions apply.

*Pregnancy safe.

BODHI Spa at Eos by SkyCity
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