

Bouddi Spa Menu





Bouddi Spa is a haven for guests to indulge and de-stress with spa treatments that have been thoughtfully designed to re-balance the synergy between mind, body & soul.

Treatments combine a range of sensory therapies selected for their

efficiency in purifying, nourishing and harmonizing the body as a whole.

Pure Australian botanical products from the Li'Tya spa care range are featured, offering a true spirit of place and connection to the earth. Li'Tya harnesses the earth's elements to provide the finest spa treatments.

Aboriginal culture recognizes the significance of the elements in terms of their physical, emotional, spiritual and environmental aspects.

Li'Tya source sustainably wild & organic harvested ingredients where possible. They give back generously to the Indigenous peoples of Australia

& their products are approved by the Aboriginal Advisory Board, and are not tested on animals. Our spa therapists are extensively trained by Li'Tya professionals on the source and traditional use of Australian native ingredients.

Sit back, take a deep breath & relax...

Treatments

You will experience a Wulima Yulu *Journey of aroma - Ya-idt' midtung* at the start of your massage treatment to allow your body and intuition to identify what oil blend will best suit your needs. Our Li"Tyā body oils have been designed and blended from nourishing Sweet Almond, Macadamia and Camellia nut oils rich in vitamins A & E as well as natural essential fatty acids.

Note: Treatments must be pre-booked prior to check-in

THE DREAMING

3 hours \$460

(on offer at 2.45pm only)

O'Yarrarng native blend and desert salt footbath to start. Surrender yourself to the ultimate spa journey to reconnect mind, body and soul from the outside, in. Using the power of native plant essential oils and extracts, earth ochres and desert salts the skin is cleansed, invigorated, restored and nourished. Tired muscles are soothed and the body systems are rebalanced and rejuvenated. The journey starts with jina floral footbath treatment, followed by an aromatic exfoliation and mud cocoon, the body is cleansed and is followed by a rhythmic kodo massage including Gubbera hot stones and paudi head massage including quandong heated hair mask. A mirri facial and hand and foot mask will complete this sublime experience, leaving you feeling relaxed, rested and rejuvenated.

ANCIENT GUBBERA STONE THERAPY

1.5 Hours \$260

O'Yarrarng native blend and desert salt footbath to start. These magical primordial hand-carved crystal stones from the Northern region of Western Australia are integrated into a treatment

that is aligned with the rhythmic kodo massage. Will tone and rebalance the body's energy flow, calm the mind and relax the body to a state of deep relaxation. Sublime in its delivery and powerfully healing on many levels the powerful gubbera rock is a true gift from our ancient land.

KODO MASSAGE

1.5 Hours \$220

Name origin Meryam Mer Torres Straits - meaning melody

O'Yarrarng native blend and desert salt footbath to start. A divine rhythmic body massage inspired by traditional Australian Aboriginal techniques that work to balance and realign energy flow, enhancing mind and body wellness. Together with the use of native aromatic oils, spiralling movements and pressure points this massage is the ultimate stress reliever and will rejuvenate, harmonise or detoxify whilst connecting you to the earths primordial elements.

SPECIFIC (REMEDIAL)

1.5 Hours \$240

O'Yarrarng native blend and desert salt footbath to start. Release tension from your body with specialised massage techniques to suit you.

Your choice of native oil blends.

LOWANNA

1.5 Hours \$260

Name origin Northern Territory - meaning beautiful

O'Yarrarng native blend and desert salt footbath to start. Experience the beauty of the mirri facial along with hand & foot treatment. Designed to de-stress and re-balance tired and stressed conditions. The skin is treated gently with products that will nurture, heal and calm the skin. Zone therapy areas (hands, feet and face) treatment sequences work to soothe the body and mind in order to recharge and restore vitality. (Ideal for mothers-to-be in early stages of pregnancy)

MARRI MARLI

1.5 hours \$260

O'Yarrarng native blend and desert salt footbath to start. Perfectly designed for men, this treatment will relax and pamper the modern warrior. Stage 1. The back is exfoliated then massaged. Stage 2. The face is cleansed, exfoliated a very manly mask is applied. Stage 3 The Neck and Scalp is massaged to the point of bliss.

Treatments

MALA MAYI WRAP

1.5 Hours \$260*

Name origin Ngadjon Far North

Queensland - meaning clan food

O'Yarrarng native blend and desert salt footbath to start. Feel energised with a full body aromatic desert salt exfoliation then be calmed and nurtured in a cocoon of warm body mud designed to cleanse and to deliver essential nutrients to the skin, whilst you experience a Paudi Scalp Massage. After a refreshing shower the body is then treated to the rhythmic Kodo massage that is designed to tone the body and re-align the energy flow, followed by a facial cleanse and moisturise.

LI'TYA RITUALS

1.5 Hours \$240

O'Yarrarng native blend and desert salt footbath to start. A divine 45 min rhythmic kodo body massage inspired by traditional Australian Aboriginal techniques that work to balance and realign energy flow, enhancing mind and body wellness. Together with Polama manicure and Jina Pedicure including exfol, hydration and high buff shine.

We do not have shellac or gel remover.
Our polish is non-toxic, earth friendly, & cruelty free.

JOURNEY FOR THE HANDS AND FEET

1.5 Hours \$240

O'Yarrarng native blend and Jiga Jina floral footbath to start. Rescue tired hands & feet with this intensive replenishing treatment.

A polama hand soak using gorgeous native flowers and fruits will start this treatment, followed by a skin smoothing Wattleseed exfoliation to deeply nourish and rehydrate the skin. A Tasmanian Kelp mask will be used to leave hands feeling soft and supple and a nurturing hand and lower arm massage will melt away any tension. To further smooth and hydrate the feet and lower legs a warming Pepperberry foot mask is applied, then a decadent foot massage to relax and revitalise. This treatment is completed with a nail and cuticle groom, including colour.

Pregnancy Treatments

MARMA

Name origin widespread across NSW, VIC, SA and QLD Indigenous clans, meaning mother

MARMA SEASONAL

1.5 Hours \$260

O'Yarrarng native blend and desert salt footbath to start. The perfect combination of Marma Kodo massage, customised facial, Paudi head & scalp massage with heated Quandong hair treatment. A beautiful all-rounded comforting treatment. Perfect for mums-to-be over 14 weeks gestation.

MARMA POLISH

1.5 Hours \$260*

O'Yarrarng native blend and desert salt footbath to start. Be nurtured in a cocoon of warm hydrating kelp body polish mud wrap designed to cleanse and to deliver essential nutrients to the skin, whilst you experience a Paudi Scalp Massage and quandong hair mask. After a refreshing shower the body is then treated to a deeply relaxing pregnancy Kodo massage, facial cleanse and moisturise.

Note: Treatments must be pre-booked prior to check-in



Bouddi Spa is open of an afternoon by appointment only. Treatments times on offer are 2.45pm or 4.30pm. For times outside of these hours please talk to your House Manager. Bouddi Spa is closed on Christmas Day.

To book a spa treatment please phone 4360 1933 or email stay@prettybeachhouse.com

We request at least 24 hours notification of any cancellation. A fee of 50% of booked treatment will apply for cancellations within 24 hours of appointment time. In pavilion treatments will incur an additional fee - POA.

pretty beach house
BOUDDI NATIONAL PARK