



EUCALYPT

S P A

BAY & BUSH NATURE RETREAT · JERVIS BAY

Nature-led wellness.

Barefoot luxury.

Deep restoration.



WELCOME TO EUCALYPT

Nestled amongst the Australian bushland of Jervis Bay, Eucalypt Spa is a sanctuary for slowing down, reconnecting and exhaling.

Rooted in nature, our treatment collection brings together therapeutic touch, pure Australian botanicals and immersive wellness experiences — each thoughtfully chosen to care for the skin, settle the senses and return the body to balance.

Come as you are. Leave feeling restored.

ROOTED AT BAY & BUSH

Warmth and water.

Australian botanicals.

Restorative touch.

Fresh air, quiet and time to simply be.

The Roots of Eucalypt

From the very beginning, our founder Flo knew that Sodashi belonged at the heart of Eucalypt.

Created in Western Australia and grounded in purity, intention and a deeply holistic approach to wellbeing, there was an ease to the partnership from the beginning. The philosophies simply felt aligned.

Before our doors had even opened, Sodashi was here with us — helping us plant the seeds and create the foundations of the treatments and rituals we wanted Eucalypt to be known for.

Then came our first week of training.

As therapists, we are incredibly fortunate to experience beautiful treatments for a living. But every so often, something feels different.

During that week, there were four treatments that stopped us in our tracks. They moved us so deeply, that when we finished experiencing them, there was no discussion needed.

We knew.

These were Eucalypt.

They embodied everything we wanted this space to feel like — deeply grounding, intuitive, nurturing and unlike anything we had experienced before.

And so, before Eucalypt had even welcomed its first guest, our signature treatments had found us.

GROUNDING · INTUITIVE · TRANSFORMATIVE

Eucalypt Signatures

Four extraordinary rituals that moved us deeply from the very first experience. These are the experiences that define us.

HEART CHAKRA FACE & BODY

90 minutes · \$315

A deeply nurturing face and body ritual beginning with flowing, Lomi Lomi-inspired massage using Sodashi Chakra Oil blends.

A restorative facial with White Jade crystal massage follows, before crystal placement and Tibetan singing bowl therapy invite the body and mind into a profound state of stillness and connection.

DEEP RESET THERAPY

90 minutes · \$295

A deeply restorative face and body ritual created to calm the nervous system and guide the body into rest and renewal. Slow, intentional massage with Frankincense, Vetiver, Sandalwood and Rose is complemented by focused neck and shoulder work with Tiger's Eye Palm Stones, before flowing into facial massage and specialised fascia techniques across the jaw, temples and scalp.

A profoundly calming experience designed to leave you reconnected, rebalanced and fully reset.

CRYSTALUS – MASSAGE RITUAL

90 minutes · \$255

A deeply restorative massage ritual harnessing the grounding energy of ancient Australian stones and crystals.

Warm stones, flowing intuitive massage and aromatic Australian plant essences work together to soften muscular tension, calm the mind and restore balance throughout the body. Grounding, nurturing and deeply reconnecting.

CRYSTAL CHAKRA BALANCE

90 minutes · \$295

A deeply meditative ritual bringing together flowing massage, Sodashi essential oil blends and carefully selected crystals.

Working through the body's seven main chakras, the experience invites stillness, balance and a profound sense of harmony.



RESTORATIVE TOUCH

Massage Rituals

Pure botanical oils, flowing massage and time to simply let go. Your therapist will select from Sodashi's botanical massage oils to complement your individual treatment and wellbeing needs.

SIGNATURE BODY MASSAGE

60 minutes · \$185

90 minutes · \$255

Combining the healing power of touch and pure botanical essences, smooth flowing movements and light-to-medium pressure encourage circulation and deep relaxation.

Botanical oils nourish the skin as tension begins to soften, leaving body and mind restored.

RECOMMENDED ENHANCEMENTS *Stay in the Stillness*

Cleanse & De-Stress

15 minutes · \$45

Soothing Mint Foot Therapy

30 minutes · \$95

Face Rituals

High-performance botanical skincare meets considered touch. Each facial is thoughtfully selected or tailored to your skin, allowing visible results and deep relaxation to unfold together.

SIGNATURE FACIAL

60 minutes · \$205

A bespoke Sodashi facial harnessing nutrient-rich botanicals and holistic massage techniques to care for your individual complexion. Skin is left beautifully balanced, replenished and radiant.

PURIFYING FACIAL

60 minutes · \$205

A purposeful, results-driven facial designed to deeply cleanse, refine and restore the skin. Exfoliation, targeted treatment and extended facial massage with vitamin-rich botanicals leave the complexion hydrated, balanced and revitalised.

MARINE RENEWAL FACIAL

75 minutes · \$245

A luminous marine-inspired facial rich in activated marine minerals and omega-rich botanicals. Created for tired or lacklustre skin, this replenishing ritual restores vitality and reveals a smoother, brighter and more radiant complexion.

THERMAL FACIAL

90 minutes · \$295

Surrender to the warmth of Sodashi's Thermal Infusing Mask as layers of antioxidant-rich botanicals deeply replenish the skin.

An intensive ritual for beautifully nourished, smooth and luminous skin.

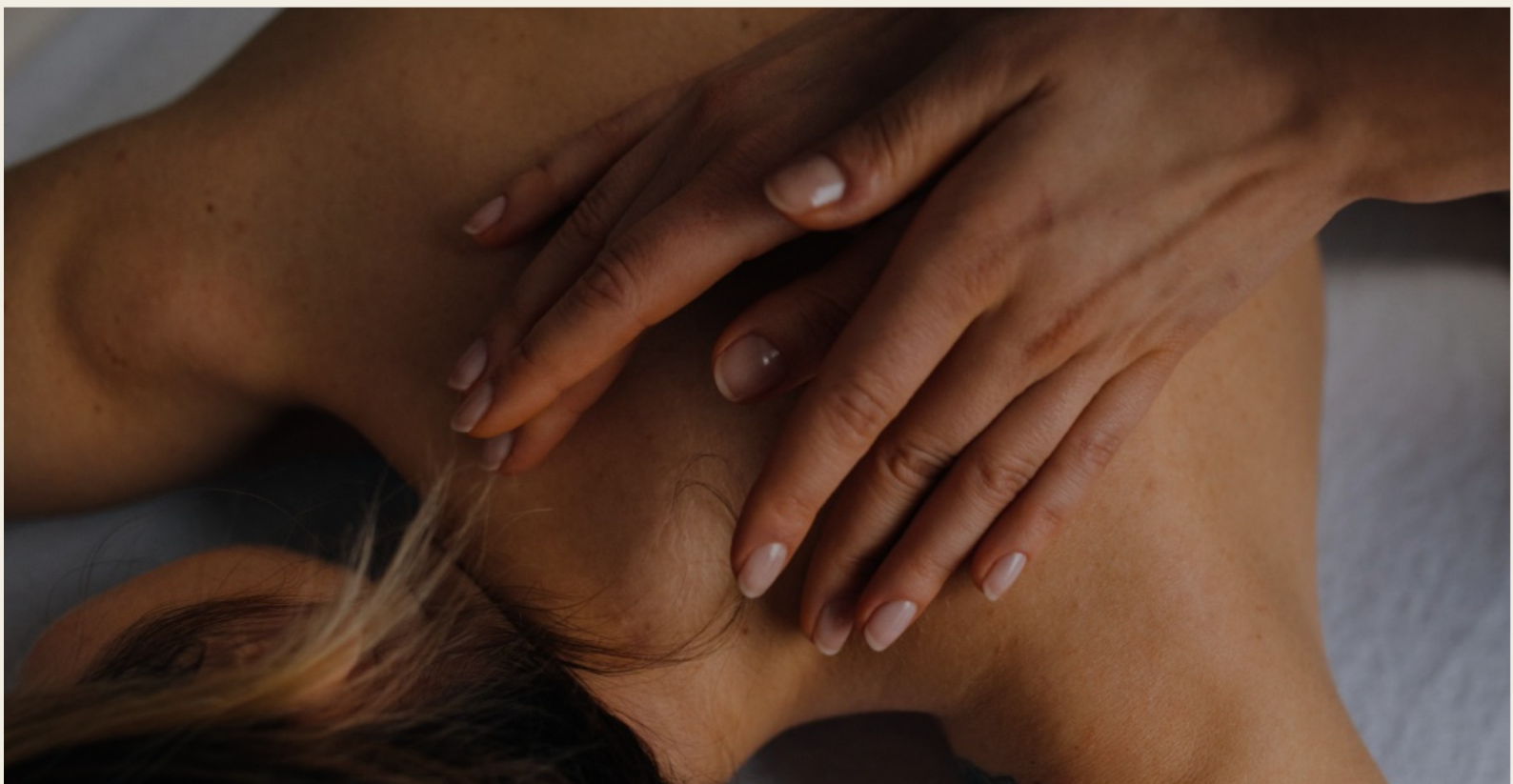
RECOMMENDED ENHANCEMENTS *Deepen the Ritual*

MEDILUX LED Light Therapy

20 minutes · \$55

Scalp Therapy

15 minutes · \$45



NOURISH. POLISH. RESTORE.

Body Rituals

Mineral-rich exfoliation, warm botanical oils, conditioning masks and therapeutic touch come together to renew the skin and reconnect you with your body.

BODY RENEWAL RITUAL

60 minutes · \$195

A beautifully simple full-body ritual designed to smooth, soften and replenish the skin.

Following consultation, your therapist will guide you towards the exfoliation best suited to your skin and preferred level of intensity — from a deeply polishing Himalayan mineral salt to a gentler Vanilla & Sandalwood exfoliation.

After a warm shower, the ritual is completed with nourishing botanical oils and hydration selected to leave your skin soft, conditioned and beautifully renewed.

PREGNANCY NURTURE

75 minutes · \$235

A nurturing body ritual created especially for mothers-to-be. Gentle exfoliation is followed by a comforting pink clay body mask and soothing scalp massage, allowing the body to rest while botanical extracts condition and replenish the skin.

DETOX BODY WRAP

60 minutes · \$235 – with dry body brushing + your body brush to take home
90 minutes · \$285 – with mineral salt exfoliation

A deeply cocooning body ritual created to refresh, replenish and restore. The skin is prepared with dry body brushing or mineral-rich exfoliation before a comforting botanical mask envelops the body in warmth. Rest while the treatment works, before a refreshing shower and nourishing hydration leave the skin soft, renewed and beautifully conditioned.

With our dry body brushing ritual, your brush is yours to take home — allowing you to continue the ritual beyond the spa.

SODASHI SCULPT & SMOOTH RITUAL

60 minutes · \$235

A targeted, invigorating body ritual designed to smooth, tone and refine the appearance of the skin. Lymphatic-enhancing body brushing and specialised massage are combined with Sodashi's targeted body formulations and mineral-rich warm clay, focusing on areas of uneven texture.

Skin is left feeling refreshed, conditioned and beautifully smooth. Your body brush is yours to take home, extending the ritual beyond Eucalypt and into your own moments of care.

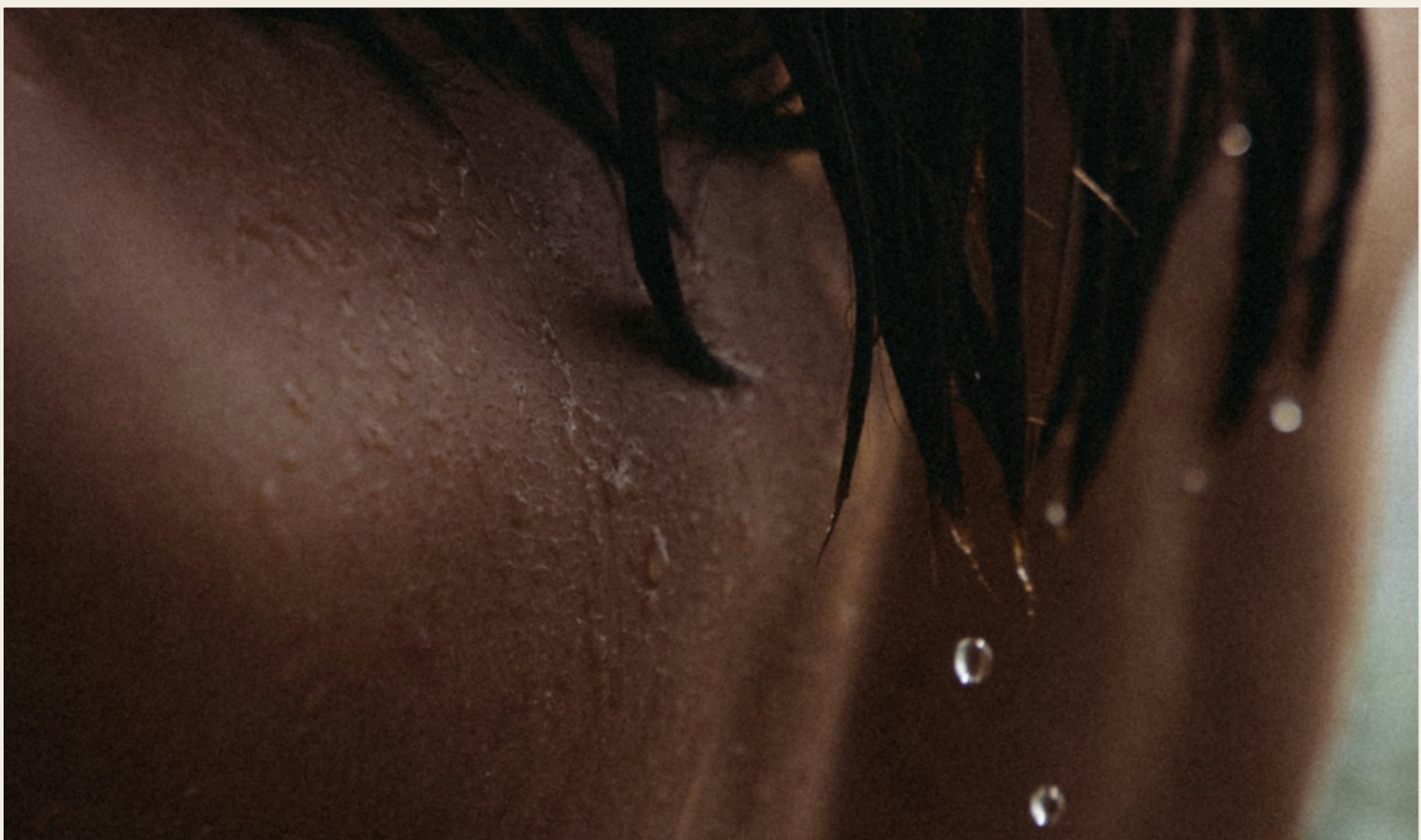
SOUL TO SOLE

60 minutes · \$205

A gentle, restorative ritual devoted to the hands, feet and scalp.

An aromatic steam head wrap and nourishing scalp treatment invite the mind to soften, while delicate exfoliation and flowing massage care for the hands and arms. Cooling mint and arnica then refresh tired feet and lower legs, leaving the whole body feeling soothed and beautifully at ease.

Designed to be enjoyed in one deeply comfortable position, Soul to Sole is a nurturing choice for mothers-to-be and for guests seeking a gentler, more supported spa experience.



Heat. Cold. Stillness.

From the beginning, Eucalypt was imagined as more than a collection of treatment rooms. We wanted to create a space where guests could slow down in a different way — through warmth, water, fresh air and the quiet of the surrounding bush. And so, the Wellness Sanctuary became part of Eucalypt.

A private space to move between the enveloping warmth of the sauna, the awakening clarity of cold immersion and the simplicity of an open-air shower.

There is no prescribed rhythm. Simply listen to your body, move at your own pace and allow the elements to guide you.



SANCTUARY PASS

60 minutes · \$110

Private Sauna · Cold Plunge · Open-Air Shower

An unhurried hour to experience the Wellness Sanctuary entirely at your own pace. Move between sauna, cold immersion and open-air shower as your body guides you, before gently returning to the day.

RECOMMENDED ENHANCEMENT *Deepen the Ritual*

Scalp Therapy

15 minutes · \$45

Apply your Sodashi scalp treatment, wrap the hair, and allow the warmth of the sauna to deepen the ritual as you rest. A quiet moment of nourishment for the hair and scalp.

CURATED FOR A DEEPER ESCAPE

Signature Eucalypt Journeys

Created for those wishing to surrender more fully to Eucalypt, our Signature Eucalypt Journeys weave together the elemental rhythm of the Wellness Sanctuary with botanical body rituals, restorative touch and considered skin therapies. Each journey unfolds slowly and intuitively, allowing one experience to flow seamlessly into the next.

No decisions to make. No need to rush.

Simply arrive, surrender, and allow Eucalypt to carry you.

INTO STILLNESS

A slow descent into calm.

Approximately 2 hours 15 minutes · \$325

Begin at your own pace within the private Wellness Sanctuary, moving between the warmth of the sauna, cool immersion and open-air shower before transitioning into the flowing touch of a Signature Body Massage.

From there, MEDILUX LED Light Therapy and soothing Scalp Therapy invite you a little deeper into stillness, before your experience gently closes with the Eucalypt Closing Ceremony.

RETURN TO RADIANCE

A botanical renewal from head to toe.

Approximately 3 hours · \$485

Your journey begins within the Wellness Sanctuary, allowing warmth, water and cool immersion to awaken the senses before moving into our Body Renewal Ritual, with exfoliation thoughtfully selected for your skin.

A bespoke Signature Facial follows, complemented by MEDILUX LED Light Therapy and Youthful Hands, leaving the skin luminous and the body beautifully renewed. Your time at Eucalypt then draws softly to a close with the Eucalypt Closing Ceremony.

THE LONG EXHALE

Our most indulgent Eucalypt journey.

Approximately 4 hours 15 minutes · \$695

Begin by surrendering to the rhythm of the Wellness Sanctuary before flowing into full-body renewal with our Body Renewal Ritual. From there, our warming and grounding Crystalus Massage combines flowing touch with Australian-sourced Tiger's Eye, agates and palm stones, inviting the body into a deeper state of rest.

A bespoke Signature Facial follows, complemented by MEDILUX LED Light Therapy, Scalp Therapy and Youthful Hands. Your journey ends slowly with the Eucalypt Closing Ceremony — a final moment to linger before returning to the world outside.

DEEPEN THE RITUAL

Enhancements

Thoughtful additions designed to complement your chosen treatment and extend your experience at Eucalypt.

Enhancements are available alongside eligible spa treatments and are not offered as standalone appointments.

EYE LIFT & REVIVE

15 minutes · \$45

Specialised massage and a firming eye mask refresh and revive the delicate eye area.

SCALP THERAPY

15 minutes · \$45

A nourishing Sodashi scalp treatment paired with therapeutic massage to release tension and deeply condition the hair and scalp.

CLEANSE & DE-STRESS BACK TREATMENT

15 minutes · \$45

Warm aromatic compresses, Himalayan salt exfoliation and botanical hydration cleanse, smooth and refresh the back while inviting tension to soften.

SOOTHING MINT FOOT THERAPY

30 minutes · \$95

Mineral exfoliation and cooling botanical massage refresh and revive tired feet and lower legs.

YOUTHFUL HANDS

15 minutes · \$45

Warm aromatic compresses, gentle exfoliation and nourishing massage for hands and arms.

MEDILUX LED LIGHT THERAPY

20 minutes · \$55

Targeted LED light therapy selected for your skin, supporting rejuvenation, calming visible inflammation and restoring luminosity.

STOP & RELAX FACIAL

30 minutes · \$95

An express botanical facial featuring cleansing, exfoliating compresses, aromatic mist, mask and hydration for a fresh, beautifully replenished complexion.



BEFORE YOU RETURN TO YOUR DAY

The Eucalypt Closing Ceremony

Following your treatment, you are invited to linger a little longer for the Eucalypt Closing Ceremony — a gentle moment of herbal tea and seasonal nourishment before returning to your day.

Twilight bookings include candlelit ambience, warming evening touches and ceremonial cacao in place of herbal tea. Herbal tea may always be requested as an alternative.

Spa Information

ARRIVAL

We invite you to arrive 15 minutes before your appointment to settle into the space and complete your consultation without feeling rushed.

Late arrival may reduce treatment time so that following guests are not inconvenienced.

CONSULTATION

Each experience begins with a brief consultation, allowing your therapist to understand your individual needs and preferences.

We encourage you to communicate your preferred pressure, areas of focus and comfort throughout your treatment.

TREATMENT TIME

Treatment durations listed throughout the menu refer to your booked treatment time. Please arrive 15 minutes early to allow time for your consultation and preparation before your treatment begins.

Following your treatment, you are invited to linger a little longer for the Eucalypt Closing Ceremony — a gentle moment of herbal tea and seasonal nourishment before returning to your day.

HEALTH & WELLBEING

Please advise our team when booking of pregnancy, injury, allergies, medication, recent surgery or any medical condition that may influence your treatment.

Certain experiences, particularly sauna and cold immersion therapy, may not be suitable for every guest. Where needed, we will gladly guide you towards an appropriate alternative.

PREGNANCY

Mothers-to-be are warmly welcomed at Eucalypt. Please let us know when booking so our team can recommend rituals appropriate to your stage of pregnancy.

WELLNESS SANCTUARY

Guests are asked to shower before entering the sauna or cold plunge. Swimwear is required within the Wellness Sanctuary. Remain hydrated, move gently and listen to your body throughout all heat and cold immersion experiences.

WHAT TO BRING

For spa treatments, simply arrive comfortably dressed. For Wellness Sanctuary experiences, please bring swimwear. Robes and towels will be provided.

A QUIET SANCTUARY

Spa Etiquette

A QUIET SANCTUARY

Eucalypt has been created as a place to slow down, soften and retreat from the outside world.

As our treatment spaces sit closely together, sound can travel between rooms. We kindly ask that mobile phones are silenced and conversations kept soft, allowing every guest to remain immersed in their experience.

YOUR COMFORT & PRIVACY

Your comfort and privacy are always our priority. Professional draping is used throughout body treatments and your therapist will provide privacy while you prepare.

Please let us know at any time if you would like massage pressure, positioning, temperature, music or another element of your experience adjusted.

TWILIGHT BOOKINGS

Twilight treatments are available from 5pm—9pm with an additional \$30 Twilight Experience per guest.

Twilight bookings include candlelit ambience, warming evening touches and ceremonial cacao in place of herbal tea. Herbal tea may always be requested as an alternative.

CANCELLATIONS & CHANGES

We understand that plans may change. Our booking and cancellation conditions will be provided when your reservation is made. We kindly ask for as much notice as possible should you need to change your appointment.

GIFT VOUCHERS

Eucalypt Spa gift vouchers are available for treatments, Eucalypt Journeys and monetary values. Please provide your voucher details when making your reservation.



EUCALYPT SPA

BAY & BUSH NATURE RETREAT
JERVIS BAY

Book your Eucalypt experience

BOOK ONLINE

bayandbush.com.au · (02) 4444 6879

reservations@bayandbush.com.au

21 Pritchard Avenue, Woollamia NSW 2540

TREATMENTS FEATURING

Sodashi
EST. 1999

Come as you are.

Leave feeling restored.

Bay and Bush acknowledges the Traditional Owners of Country and their continuing connection to land, waters and community. We pay our respects to Elders past and present.