

BYRON^o

Beach Retreats

We appreciate that during your holiday you want to relax as much as possible as soon as possible. Why waste your time in a supermarket after a long journey, or researching the huge array of restaurants and activities in the area planning your schedule?

We are here to give you the benefit of our local knowledge. We have collated a list featuring our top suggested activities, restaurants and recommended providers in the shire - their contact details are included for your convenience. Alternatively, if you would like to make the most of your holiday time our concierge would be delighted to arrange any services during your stay, concierge service is available at \$40 per hour.

Special Services

Inhouse babysitting services

Little Wild Things - Alexandra 0434 6131774 - littlewildthings.com.au

Inhouse spa treatments

Byron Spa menu by Jodi Anderson (menu attached) - Jodi 0409 491009. Instagram @byronspamenu

Inhouse wellbeing treatments

Private yoga & meditation with Tina Barker (for all levels) - Tina 0413 691574

Inhouse private training and fitness session

Qualified trainers in the privacy of your retreat with Mana Fitness 0424 165872. facebook.com/manafitness

Inhouse catering

Taylor Made Food catering - Kelly 0417 6134933 - facebook.com/taylormadefoodlennox

Taste Byron Bay catering - Teras Davidson 0450 5322766 - tastebyronbay.com/catering

Dinner is Served freshly pre-made meals & snacks - Claudia 0404 360166 - dinnerisserved.com.au

Our recommendations

Celebrating something special - here are a couple of our favourite luxe experiences (numbers are limited so pre-booking is essential to avoid disappointment)

- **Toast the Sun lighthouse breakfast.** Soak up the sunrise and 5star treatment, it is a morning you will not forget. Katie 0422 301417 - toastthesun.com.au
- **Town Restaurant Bangalow.** Multi award winning divine degustation menu (tip: opt for the matching wines for the full gastronomic experience) 02 6687 1010 - facebook.com/townbangalow
- **Cedar & Salt Photography.** Capturing candid, honest & intimate memories for families & couples. Cheryl 0478 972 092 - cedarandsaltphotography.com

Activities and Experiences

Picnic hampers - discover Byron's natural beauty and enjoy a picnic at one of our gorgeous beaches, headlands, tea-tree lakes and parks

- **The Picnic Portal** 0416 581919 - thepicnicportal.com
- **Harvest Deli Hampers** 02 6687 2644 - harvestnewrybar.com.au/deli-hampers/
- **The Farm Byron Bay** 02 6684 77955 - pre-order a picnic basket to enjoy in the farm fields, you can even take your furry friend as they're pet-friendly (dogs on leash please) - threeblueducks.com/byron/

Things for the kids

- **Palace Cinema Byron Bay** - palacecinemas.com.au/cinemas/palace-byron-bay/
- **The Farm Byron Bay** - thefarm.com.au/farmkids
- **Macadamia Castle** - macadamiacastle.com.au
- **Circus Arts Play** - circusarts.com.au/byron-bay/
- **Byron 4 kids** - byron4kids.com.au/category/activities-and-attractions/

Top tourist activities

- **Zephyr Horses** forest to beach tours (why not include the professional photography pack to capture your precious holiday memories) - zephyrhorses.com
- **Byron Bay Ballooning** - byronbayballooning.com.au
- **Byron Bay Dive Centre** - byronbaydivecentre.com.au
- **Soul Surf School** - soulsurfschool.com.au
- **Go Sea Kayak Byron Bay** - goseakayakbyronbay.com.au
- **The Farm Byron Bay** - thefarm.com.au
- **Crystal Castle** - crystalcastle.com.au

Byron Shire walking trails

Byron Shire is home to pristine beaches and gorgeous hinterland, both with lots of great walking trails. There is a Byron Trails Guide handbook at the property featuring all the great walks. Below are a few of our favorites.

- Tea Tree Lake Broken Head - 300m north towards lighthouse along the beach from Pavilions beach path
- Three Sisters & Kings Beach loop Broken Head 2.5k - 500m south on beach from Pavilions beach path
- Cape Byron Lighthouse loop 5k
- Lake Ainsworth Lennox Head loop 7k
- Goonengerry - North loop 8.5k, Waterfall/return trail from carpark 2k approx. (10 min drive from Doma Cafe Federal, we highly recommend dropping in for some truly delicious Japanese food)

Our favourite restaurants & cafes

- **Suffolk Park Hotel** - 02 6685 3222 - parkhotelmotel.com/restaurant/
- **Chupa Cubra Mexican** Suffolk Park - 0448 077 401 - chupacabra.com.au
- **The Byron at Byron** - 02 6639 2000 - thebyronatbyron.com.au/restaurant/
- **Light Years Vietnamese** (in Byron town) - 02 6685 5479 - lightyearsasiandiner.com.au
- **Bang Bang Asian Thai fusion** (in Byron town) - 0412 530 6955 - bangbangbyronbay.com
- **Doma Cafe Federal** - 02 6688 4711 - domaandquodocafe.com

Vegan, Vegetarian & Omnivore options

- **No Bones Byron Bay** (in Byron town) - 02 66807 418 - nobonesbyronbay.com.au
- **Elixiba** (in Byron town) - elixiba.com

Local shops

- Broken Head holiday park (milk, bread, ice creams), 184 Broken Hd Reserve Rd - 02 6685 3245

Suffolk Park Shops - 8 Clifford St, Suffolk Park

- Spar supermarket - 02 6685 3209
- Suffolk Park bakery- 02 6685 34711 - suffolkbakery.com
- Suffolk Park Pharmacy - 02 6685 9990
- Suffolk Post Office - 02 6685 3400
- Mana Gym & Fitness Suffolk Park - 0404 440 566 - facebook.com/manafitness
- Trevor Mead Quality Meats (in Byron town) - 02 6685 6583
- Bay Seafood Market (in Byron town) - 02 6685 5660

Grocery services

Our concierge is available to assist with personal pre check-in grocery and alcohol shopping and pantry stocking for your convenience. Alternatively, both Woolworths & Coles deliver from their Ballina stores. If you would like to have your order delivered prior to check-in please contact our concierge prior to placing your grocery order to check availability.

Property delivery address

- **The Boardwalk - Pavilions** Gate code 7137, 1/137 Broken Head Reserve Rd, Broken Hd 24811
- **The Beach House - Pavilions** Gate code 7137, 7/137 Broken Head Reserve Rd, Broken Hd 24811
- **The Bungalow - Pavilions** Gate code 7137, 137 Broken Head Reserve Rd, Broken Hd 24811

Woolworths delivery from Ballina store - woolworths.com.au

Coles delivery from Ballina store - coles.com.au



Byron Spa Menu

by Jodi Anderson

*Delivering Luxury Spa Treatments to the comfort of your guest house accommodation.
With organic herbal tea and spa robes upon arrival, you will leave feeling rested, rebalanced & renewed.*

MASSAGE 60mins \$120 • 90mins \$170

Pressure is tailored to the individual to enter a deep state of body and mind relaxation. Releasing muscle tension, stimulating circulation and lymphatic flow. Massage performed on heated linen in cooler weather.

HOT STONE MASSAGE THERAPY 60mins \$130 • 90mins \$180

Feel the therapeutic benefits of hot stone massage, melting away tension through movement of smooth basalt stones. Key placement and movement of hot stones relieves muscular tension and pain.

FACIALS 60mins \$110 • 90mins \$160

Beginning with an in depth skin consultation focusing on results desired; from restoring hydration, purifying oily/combo skin or rejuvenating mature, dull or tired skin.

Extractions can be performed if necessary.

SPA MANICURE 60mins \$110

Luxurious exfoliation followed by nail shaping, buffing, cuticle tidy and hydrating treatment. Hand and arm massage performed with heated basalt stones, polish to finish.

SPA PEDICURE 60mins \$110

Hydrating coconut cream foot soak with lemon myrtle aromatic salt exfoliation. Nail shaping, buffing, cuticle tidy and nourishing treatment, followed by a foot and leg massage with heated basalt stones, polish to finish.

SALT BODY POLISH 60mins \$110

Full body exfoliation for the ultimate glow. Softens the skin and boosts circulation. Mineral rich salts assist in replenishing tired muscles while smoothing and removing dull skin cells. Choice of coffee and sweet orange scrub or pink himalayan salt with organic coconut oil and vanilla.

CLAY MASQUE BODY COCOON 60mins \$110

Australian clay rich in minerals and detoxifying properties is applied warm and cocooned in soft warmed linen. A conditioning hair masque is massaged into the scalp, followed by a steamed aromatic head wrap left to infuse while enjoying a neck & shoulder massage.

SPA SENSORY JOURNEY 2hrs \$220

Begin with a revitalising coconut cream foot soak and exfoliation, followed by a hot stone tension relieving back massage. Finishing with a 60min bespoke facial and warm oil scalp massage with a steamed head wrap.

ULTIMATE SPA EXPERIENCE 3hrs \$330

Commence your spa experience with a revitalising body exfoliation of coffee and sweet orange, then unwind with a therapeutic full body massage. Complete with a 60min bespoke facial & scalp massage.

ADDITIONAL INDULGENCES

- Conditioning hair masque treatment • \$20
- Warmed macadamia oil scalp massage • 30mins \$45
- Express tailored facial 30mins • \$50
- Maintenance manicure or pedicure • 30mins \$45
- Finish your treatment with a decadent rose petal and coconut cream aromatic salt bath • \$45

FOR BOOKINGS 0409 491 009 • ENQUIRIES byronspamenu@gmail.com

All products are meticulously sourced with specific attention on pure ingredients without harmful additives.
Our thoughtfully selected products are performance driven, ethical brands available for purchase.

SPA ETIQUETTE: Please inform us of any health related conditions you may have at the time of booking.
Please consider a suitable quiet space for your treatment in your accommodation.

ATTIRE: For your comfort, a spa robe will be provided along with spa undergarments.

CANCELLATION POLICY: As treatments are bespoke to each guest, we require a minimum of 12 hours notice for cancellations to avoid a 50% treatment fee.