

The Retreat-like Location

More than a massage, it's an experience

Surrounded by water, natural bushland abundant with native flowers, animals and ancient trees our unique location makes your visit to us a retreat-like experience.

Our home is North Head Sanctuary, only a few minutes from Manly town centre and 30 minutes from the city. It's the ideal place to get away from it all, rest, relax and rejuvenate.

With an emphasis on holistic wellness, we provide a collection of healing therapies for mind, body, spirit and soul.

Imagine dissolving the stresses of modern life as you let the door close on the outside world and nestling into the serenity of your warmed, candlelit treatment room – a mystical, restorative haven encircled in the healing embrace of nature.



Our home is a traditional place of healing highly regarded by Indigenous Australians —we acknowledge Indigenous Australians as the wisdom keepers and custodians of this place.

It is said that the healing songlines run through North Head Sanctuary to two of the most powerful and sacred healing places in our country—Uluru and Wollumbin.

Through our massages which honour the ancient Hawaiian Huna philosophy and our other healing therapies which honour traditions from across the world, we respect the healing traditions of our own beautiful indigenous culture.

With **free parking, easy public transport, easy access** - everything's on one level— escaping daily stresses and strains to find True Nature is easy.

Come and enjoy our tranquil surroundings

Your treatment room is enveloped within the natural beauty of The Sanctuary which provides the backdrop for you to experience some of the oldest healing rituals in the world. There's no other setting in the city that's just right for complete relaxation and peace.

After your treatment rest in the soothing seclusion of The Sanctuary—relax under an ancient tree and listen to the birdsong, feel the light touch of the sun as you stroll along a nature path, linger on the grass at North Head Lookout, meander along Manly beach or simply enjoy feeling fresh and radiant on our undercover verandah.

Excite the senses, rejuvenate mind, body, soul and spirit, create your own experience...

Appointments with Julia: 0417 411 465
Suite 7, North Head Sanctuary, Manly 2095