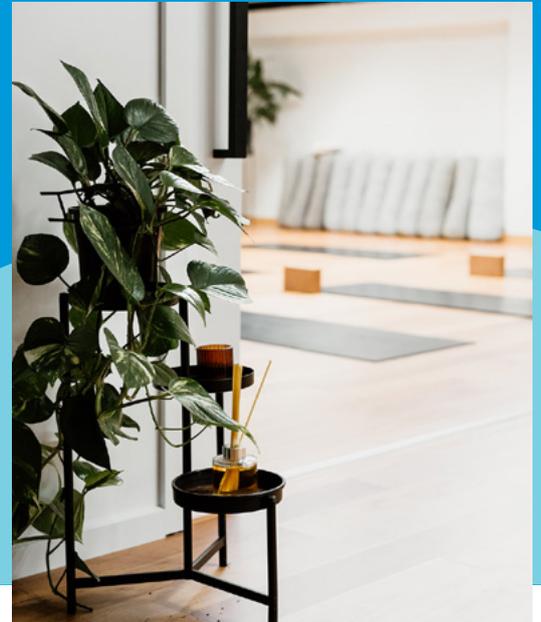


# Health and Wellness



Sometimes you just want to slow down, take a breath, and do something that nourishes the soul. Albury Wodonga is the perfect place to unwind and connect with yourself.



## Day Spas, Exercise Studios, and Organic Food

### ALMAR ORGANICS

Fresh produce directly from organic farms, skincare and oils, nuts, chocolates, and more.

📍 539 Nurigons Street, South Albury

☎ 0417 032 276



### BASQ URBAN SPA & BEAUTY

Spa packages, rain shower and body rituals, naturopathy, and access to the infrared sauna.

📍 323 Wodonga Place, Albury

☎ 02 6021 5910



### ENDOTA SPA

Massages, skin treatments, beauty therapies, and spa packages.

📍 550 Kiewa Street, Albury

☎ 02 6021 3740



### SELF PILATES

Mat and reformer Pilates, yoga, meditation, barre, strength and HIIT Pilates, as well as Mums and Bubs classes.

📍 44-46 Lincoln Causeway, Gateway Island, Wodonga

☎ 0421 173 481



### THE RITUAL SKIN & WELLNESS WITH ONEBREATH

Massage, skin and beauty treatments, breathwork classes.

📍 1/579 Dean Street, Albury

☎ 02 6041 3363



### FACILITIES KEY

- 🚗 Free parking
- ♿ Accessible facilities
- 🚻 Public toilets



Visit our blog for more self-care inspiration.

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