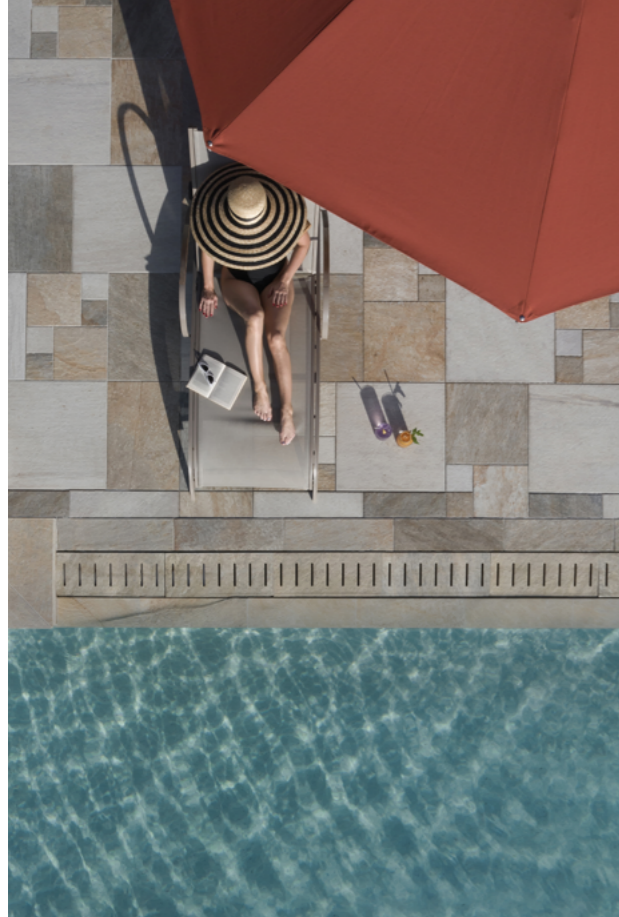
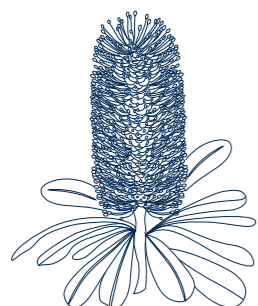


Byron Bay  
Wellness Guide



Welcome to Byron Bay,  
the home of wellness in Australia

Your guide to wellness:  
movement, health and healing.



# Movement



1

## Peachy Fit

Personal Training & Group Fitness  
peachyfit.com.au  
0424 788 283  
Local studio in Byron Arts & Industry Estate



2

## Bende

Barre, Yoga, Pilates, Reformer, Yin  
bende.com.au  
02 8417 3046  
Habitat Precinct Byron Bay



3

## F45

Functional Group Training - HIIT & Circuit Style  
f45training.com.au/byronbay  
0499 903 085  
Habitat Precinct Byron Bay



4

## Creature Yoga

Vinyasa & Yin Restorative  
creatureyoga.com.au  
U 6B, 11 Banksia Drive  
Byron Arts & Industry Estate



5

## Heat Yoga

Yoga, Barre, HIIT Pilates  
Posture clinics - private lessons  
heatyoga.com.au | 0438 771 170  
8 Grevillea Street  
Byron Arts & Industry Estate



6

## Go Sea Kayak

Ocean Kayak Tours  
goseakayakbyronbay.com.au  
0416 222 344  
Byron Bay  
Free resort pickup



7

## Let's Go Surfing

Surfing & Stand Up Paddle Board Lessons  
letsgosurfing.com.au  
02 6680 9443  
Free resort pickup



8

## Zephyr Horses

Beach & Forest Horse Rides & Private Lessons  
zephyrhorses.com  
144 Bayshore Drive  
Across from the resort



# Health



9

## Osprey Spa

Massages & Facials  
elementsofbyron.com.au/spa  
02 6639 1555  
At Elements of Byron



10

## O'Meara Dental

Dentist  
omearadental.com.au  
02 6694 3083  
19/20, 5 Easy Street  
Habitat Precinct Byron Bay



11

## Jules Galloway Naturopath

Naturopathy, Apothecary, Functional Medicine Testing  
julesgalloway.com | 0499 900 556  
Rear of 20 Parkes Avenue, enter via Fullerton Ln | Habitat Precinct Byron Bay



12

## Nimbus & Co

Infrared Sauna  
nimbusco.com.au/byron-bay  
0474 330 085  
4/17 Tasman Way  
Byron Arts & Industry Estate



13

## Evolve

Physiotherapy, Clinical Pilates, Sports Massage & Meditation  
evolvepilates.com.au | 0416 749 746  
4/4 Banksia Drive  
Byron Arts & Industry Estate



14

## Byron Bay Chiropractic Centre

Chiropractics & Neuro Emotional Technique  
byronchiro.com | 02 6680 9991  
11/7 Grevillea Street  
Byron Arts & Industry Estate



15

## My MYO

Myotherapy & Remedial, Sports & Deep Tissue Massage  
my-myo.com.au | 0417 527 647  
4/17 Tasman Way  
Byron Arts & Industry Estate



16

## Retrain Health

Osteopathy, Massage, Dry Needling & Cupping  
retrainhealth.com | 02 6680 7447  
1/55 Centennial Circuit  
Byron Arts & Industry Estate



17

## Dance of Vitality

Acupuncture, Traditional Chinese Medicine, Chinese Herbs  
danceofvitality.com.au  
At Nimbus & Co | 4/17 Tasman Way  
Byron Arts & Industry Estate



18

## Flow Therapy

Colon Hydrotherapy  
flowtherapybyron.com  
0424 835 585  
At Nimbus & Co | 4/17 Tasman Way  
Byron Arts & Industry Estate



19

## Reed Nutrition

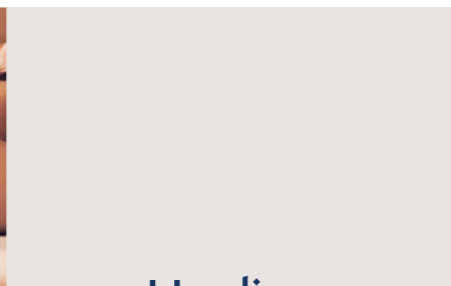
Nutritionist, Dietician  
reednutrition.com.au  
0466 119 389  
Tonic, 6 Lawson Street  
Byron Bay



20

## The Haven

Float tank, Massage & Facial  
thehavenbyronbay.com  
02 6685 8304  
3/107 Jonson Street  
Byron Bay



# Healing



21

## Michelle Winrow

Wellness Coaching  
0411 698 887  
theauthenticwellnesscoach.com  
15/11 Constellation Close  
Byron Bay



22

## Divine Sound Healing & Hypnotherapy

Sound Healing, Hypnotherapy, Yoga & Reiki  
divinesoundhealings.com | 0417 983 395  
7/14 Byron St, Byron Bay



23

## The Health Lodge

Byron Integrated Medicine  
Multiple Treatment Modalities  
thehealthlodge.com.au  
02 6685 6445  
78 Bangalow Road, Byron Bay



24

## Rezinate

Spiritual events, retreats and coaching  
rezinate.com.au  
0411 752 825  
29a Rajah Road  
Ocean Shores, 15min drive