



Wellness Experiences AT SUSSEX

Wellness Awaits in Sussex Inlet

The Sussex Inlet region offers a diverse range of wellness services for relaxation, movement, beauty, and outdoor adventure.

These local businesses form the heart of our wellness community—ready to support visitors and locals alike.

Explore the offerings below, or visit our website to browse full listings and plan your personalised wellness experience.

Massage & Beauty

Sussex Inlet Thai Massage

Contact: 0488 098 201

Renique Therapies

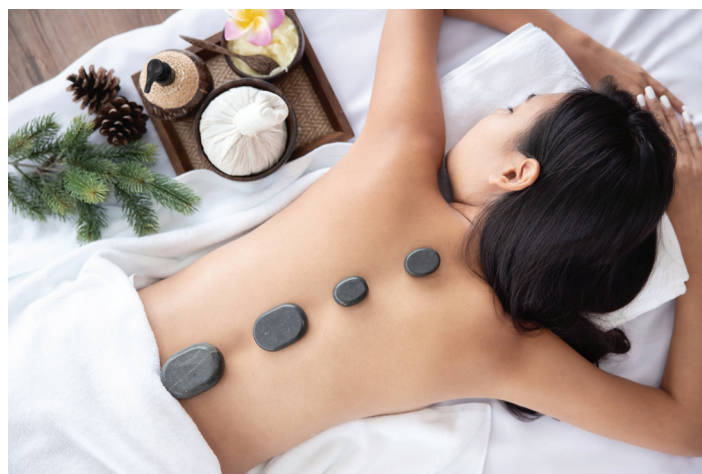
Services include: massage, dry needling, cupping - Contact Rene: 0418 970 043
www.reniquetherapies.com.au

Aura Beauty By The Sea

Services include: facial, sauna (also available as a package) - Contact Jade 0435 817 813
www.aurabeautyvia.com.au

Ocean Skin Beauty Studio

Chloe Phone: 0405 770
www.oceanskinbeautystudio.com



Movement & Classes

Cudmirrah Community Yoga

Every 2nd Sat & Sun at Cudmirrah Community Hall - Contact Carolyn: 0414 509 154

Chris Edwards School of Dance

Silver Swans Ballet Class, Thursdays 10am at Elmoos Centre in Sussex Inlet
Contact Chrissy: 0427 422 462

Mad About Fitness - Fitness Classes

Contact Maddie: 0421 120 376
www.sussexinletsup.com/fitness-classes



www.sussexinlet.nsw.au/wellness



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Swim - Sport - Fitness

Sussex Inlet Aquatic Centre

Contact: 02 4406 2055

www.shoalhavenssf.com.au/Visit/Locations/Sussex-Inlet-Aquatic-Centre

Sussex Inlet Tennis Club - Tennis - Pickleball

www.play.tennis.com.au/SussexInletTC

Pilates with Chrissy

Contact Chrissy: 0427 422 462

Gym and Fitness Wandandian

May Braap Phone: 0405 194 000

Instagram: /gym_and_fitness_wandandian_/



Nature & Outdoor Experiences

Stand Up Paddle Sussex Inlet

Contact Maddie: 0421 120 376

www.sussexinletsup.com

Sussex Inlet Pontoons

Contact Leah: 0414 803 644

www.sussexinletpontoons.com.au

Guided Nature Walk

Thursday mornings 8-9am, meet at Cuddy Cafe
in Cudmirrah - Contact Denise: 0425 316 341



www.sussexinlet.nsw.au/wellness