



Dreamtime Menu

Gwinganna
Lifestyle
Retreat

how to spa

Before you arrive

We invite you to email your Dreamtime order form with your selected requests before you arrive to dreamtime@gwinganna.com. As specialty treatments are specific to certain therapists and are not available every day, we do recommend requests in advance. We will note your requests and these will be confirmed upon your arrival by the Dreamtime Advisor.

Bookings

Each day at breakfast you will be given your appointment times for that afternoon and your Dreamtime Advisor will be available after breakfast and at morning tea to assist with any enquires or further requests you may have.

Cancellations

Should you need to cancel or change any of your appointment requests, please notify your Dreamtime Advisor by 11.00am the day before. Following 11.00am the schedule for the following day will be prepared and no alterations can be made, without incurring a 100% cancellation fee.

Take Time

Please arrive 15 minutes early at the Spa. This gives you the opportunity to collect your personal locker key, robe and spa sandals with time to relax in preparation for your treatment.

Spa Locker, Robes and Sandals

On your first visit to the Spa Sanctuary you will be allocated a locker key, robe and sandals for the duration of your stay. Please return all three items to spa reception before check out to avoid a replacement charge of \$200. Please do not remove the spa robe and sandals from the Spa Sanctuary.

Crystal Steam Room and Shower

Enhance your spa experience with a steam before or after your treatment. A shower prior to your treatment will allow for better absorption of the nourishing oils and organic ingredients used on your skin. Please note the steam room is contra indicated if you are pregnant or suffer from high blood pressure or any other medical conditions. This is a unisex area so towels or swimming costumes are to be worn.

Spa Suites

Enjoy your treatment with somebody else. Whether it is your partner, mother, daughter or friend, please ask our Dreamtime Advisor which treatments you can enjoy in our dual treatment rooms.

how to spa

(Un)dressing

Please remove all clothes unless otherwise advised on the menu. Your therapist will always protect your modesty and you will remain covered at all times, however if you would feel more comfortable you may leave your underwear on.

Talk to your therapist

We encourage you to talk to your therapist, particularly if you have special needs. All are highly trained professionals and it is their intention to provide you with a safe healing environment based on trust. Communication is the key for you to experience the best possible treatment.

Relax and be in the Present Moment

Allow yourself to receive a nurturing experience. We encourage you to relax, breathe, close your eyes and let any tension slip away. Stay present with your breath and the tactile sensation of touch.

Spa Hours

The Spa Sanctuary is open from 2pm to 7pm every day.

Earlier and later treatments can be accommodated by request.

facial therapies

Balance Aromatherapy Facial (Package treatment) 50 mins \$110

A balancing facial for all skin types to clear and detoxify the skin. Cleansing – balancing – hydrating – cooling.

Deep Cleansing Facial 80 mins \$150

The combination of essential oils and minerals will effectively eliminate congestion and leave your skin fresh and smooth. Detoxifying – purifying – balancing.

Sensitive Repair Facial 80 mins \$160

Designed to calm the redness, strengthen capillary walls and soothe the most sensitive skins. Relieving congestion – soothing – hydrating.

Mineral Moisture Facial 80 mins \$170

The association of trace elements and amino acids stimulates cell regeneration to allow a dry, tired skin to be revitalised. Remineralising – nourishing – moisturising – firming.

Hydrate Refresh Facial 80 mins \$170

Maximum oxygenation stimulates cellular renewal, fights free radical damage, balances and intensively hydrates the skin. This treatment is designed for asphyxiated, dull and blotchy skins. Hydrating – oxygenating – cooling – firming.

Multi Vitamin Renew Facial 80 mins \$185

A cocktail of vitamins and active ingredients are applied to fight the ageing process of the skin, particularly suitable for a mature, dry skin lacking tonicity. Soin multi-vita will diminish visible signs of fine lines. Lifting and firming – hydrating – oxygenating – regenerating.

Our Phyt's signature organic facials include a specialised shoulder, neck, face and scalp massage. Your therapist will offer advice and recommendations for the best possible skincare regime for your skin type from our extensive range of Phyt's certified organic skin care which is available for purchase.

Add on therapies

Hair and Scalp Hot Oil Treatment \$25

Drift off whilst you receive a blissful scalp massage. After applying your facial mask we add a warm nutritious serum for healthy hair and scalp.

hand and foot therapies

Aromatic Manicure 50 mins \$90

This softening Aromatic Manicure restores and stimulates both hands and nails. Featuring an organic balm exfoliation, filing and shaping of nails, cuticle care and a gentle pressure point massage to nourish and hydrate. Complete beautiful hands with nail buff or polish.

Aromatic Pedicure 50 mins \$90

Tired and sore feet are the focus of this aromatic experience. Enjoy a hot towel compress, stimulating organic mineral salt exfoliation, filing of nails, cuticle care and buffing of dead skin. Then relax with a stress-relieving reflex point massage to soften and soothe. Complete with nail buff or polish.

Ultimate Pedi Spa 80 mins \$135

Indulge your lower legs and feet with this relaxing treatment which helps to release tension, by combining a warm foot soak, mineral salt exfoliation, nail buff, cuticle care and an aromatic foot masque. A soothing pressure point massage is performed to restore vital energy flow. Polish available if desired.

In-capsulated therapies

Hydro Spa 50 mins \$130

This treatment includes a full body exfoliation, a softening body mask, aromatherapy steam and colour light therapy, concluding with a body moisturiser. The Hydro Capsule helps to relax the body, strengthen the immune system, increase metabolism, improve digestion and encourage detoxification.

Bath therapies

Bath Butler 30 mins \$45

Your body will sing with delight as you immerse yourself in a warm bath complete with candlelight, soft music and heated towels. Muscular fatigue dissolves and a feeling of vitality is restored. Bath time is available on its own or in conjunction with a treatment of your choice. Couples bath time is also available if you wish to share the experience. Please see the Dreamtime Advisor or Spa Reception to view the Bath Butler Menu.

body therapies

For optimal results we are able to recommend a home care system to complement your body treatment.

Smoothing Scrub 50 mins \$110

Cleanse the spirit with a full body exfoliation that brings tone and clarity to the skin. Aromatic oils blended with salts are applied to the body for a clean glow.

Body Firming Treatment 80 mins \$175

This body treatment targets areas of concern. The cinnamon, juniper berry, cypress, sage, horsetail and lemon work in synergy to increase cell metabolism, combat cellulite, reduce water retention and firm the tissue to produce a healthier and smoother appearance.

Detox Body Wrap 80 mins \$175

Detoxify and tone with this stimulating and effective body treatment, which is specifically designed to speed up the elimination of toxins, improve blood circulation, relieve lymphatic congestion and nourish and strengthen skin elasticity.

Organic Glow Spray Tan Application 20 mins \$50

Full Body Exfoliation and Spray Tan 50 mins \$105

Achieve the sun kissed glow with our natural and organic based tanning mist. This formula also provides intensive skin renewal, anti-ageing and hydrating properties for younger, healthier looking skin.

Prior to your spray tan application and for best results: Ensure any hair removal is done at least 24 hours prior. Exfoliate thoroughly. Shower prior to your treatment. Do not wear moisturiser, deodorant or makeup.

massage therapies

Classic Massage (Package treatment 50 mins) 50 mins \$95 | 80 mins \$140

Surrender and revitalise with a light full body massage that will soothe general surface tension and soreness. The massage strokes softly flow allowing your mind to wander, leaving you in a state of relaxation.

Lymphatic Drainage 50 mins \$110 | 80 mins \$160

The power of gentle touch and delicate rhythmic strokes working towards the lymph nodes promote the flow of lymph which lies just below the skin's surface. Our lymphatic massage will support the immune system, provide relief from swelling and assist with inflammation. It is an ideal treatment for post surgery.

Hot Stones 50 mins \$125 | 80 mins \$180

This deeply relaxing massage uses the weight and warmth of riverbed stones to work through layers of tension. As you absorb the energy and heat of the stones, your blood and lymph will be stimulated to assist with detoxification and your mind will settle into a deep place.

Aromatic Relaxation 50 mins \$110 | 80 mins \$160

Relieve stress and muscle aches while balancing your mind and emotions. Nurturing touch works in synergy with a blend of pure essential oils to deliver a gentle yet vibrationally potent therapy.

Remedial Massage 50 mins \$125 | 80 mins \$180

Our clinically experienced therapists will work on your muscles with a variety of deep tissue massage techniques which focus on the healing of musculoskeletal injuries that are causing pain and restriction in your movement. This massage is excellent if you like firm pressure or if you practice a lot of sport.

Ka Huna Massage 80 mins \$190 | 110 mins \$250

This indigenous Hawaiian massage will take you on a journey of discovery with traditional dance movements and captivating massage techniques. The massage strokes are long and sweeping and as your mind wanders you will find your inner voice and once again feel free and liberated.

Thai Massage 80 mins \$180 | 110 mins \$235

Through acupressure and a supported stretching regime this ancient modality stimulates the energy meridians within the body, creating abundant energy to flow along the neural pathways to the central nervous system and internal organs. Aligning and releasing joint and muscle tension, holistic Thai massage creates balance within the body and mind. (Please remain fully clothed for this treatment)

Shiatsu 50 mins \$110 | 80 mins \$160

This Oriental massage uses thumbs, fingers and palms to exert pressure on particular points (tsubos) found along meridians (chi/energy channels) in the body. Stimulation of these pressure points eases aches, pains, tension and assists in the reduction of the body's stress response. (Please remain fully clothed for this treatment)

specialty therapies

*Please note that these treatments are subject to specialist availability.

After years of experience, education and training in their specialist fields, our hand selected Gwinganna therapists have developed their own unique signature treatments...

Sound and Stone 80 mins \$235 | 110 mins \$310

Reunite your mind, body and spirit as you glide through a dynamic sound-scape and a fusion of integrated bodywork. Your body is stretched and softened while your mind rests and imagination takes flight. A massage couch with built in audio equipment delivers spatial sound and deep resonant vibration creating an audible/tactile environment to stimulate health at a cellular level. Hot stone massage is choreographed to music as your therapist works magic with authentic resonant and percussive instruments honoring powerful Indian and Tibetan spiritual ceremony. It is daydreaming at its most spectacular.

** Awarded Holistic Treatment of the Year 2009 Asia Spa Awards*

Rockupuncture 80 mins \$235 | 110mins \$310

Subtle Japanese style Acupuncture addresses your health needs, while heated Basalt stones from the Atlantic coast of Ireland are used to calm and restore the nervous system. Your therapist uses a fusion of hot stones and therapeutic Acupuncture to enable the re-alignment of energy through the meridians, leaving you feeling nurtured, restored and nourished. This is an ideal treatment for people dealing with stress, adrenal exhaustion and emotional release.

Myotherapy 80 mins \$220

This is an innovative, holistic and restorative treatment, using therapeutic massage techniques with yogic influenced stretches. Designed to bring the deeper more problematic tissues to the surface, the stretch allows the tissue to soften and release without the need for excessive force. Each stretch position is tailored to treat each individual condition while improving flexibility and reducing symptomatic pain and tension. Ideal for anyone that wants to go beyond a remedial massage.

MyBodyWorks 80 mins \$240

With roots in Myotherapy and Physiotherapy, your therapist will use a dynamic synergy of specialised musculoskeletal techniques and healing modalities to honour your body's deepest needs. The intention is to encourage your innate healing powers to heal the origin of any injuries, achieve greater balance and open your body to more energy and gracefulness.

Integrated Massage Therapy 80 mins \$240

Combining the best of remedial, sports and deep tissue massage techniques with Acupressure, Reflexology, Polarity Energy Healing, breathing techniques and passive stretching, your therapist works to optimise the various systems of your body. Precise balancing techniques such as reflex points, slow rhythmic movements, rocking techniques and energy healing lead you to experience a remarkable sense of physical, mental and emotional wellbeing. This is highly beneficial for the release of long term stress.

specialty therapies

Intuitive Intentions 80 mins \$ 235

Surrender to a timeless place as your therapist intuitively works to meet your deepest needs. This bespoke treatment may include the use of anoint chakra oils, sound, crystals, colour, energetic healing, tarot and other esoteric experiences. Upon consultation with your therapist a journey will be designed specifically for you, so that layers of emotional, physical and mental stress can simply dissolve.

Music to my Muscles 80 mins \$235 | 110 mins \$310

As the music shifts, the techniques follow. Relinquish control and let yourself be 'danced with' as a fusion of contemporary bodywork and music flow in time with orchestral manoeuvres. Drawing essential elements from ancient Shamanic healing, rhythmic slapping of the larger muscle groups blends into softer Lomi strokes. Limbs are stretched and joints expanded through carefully choreographed 'martial artistic' movement allowing the mind to enter a state of subtle hypnosis.

Zero Balancing 45 mins \$140

Combining principles of osteopathy with Chinese medicine, Zero Balancing is hands on acupressure bodywork, which unblocks and re-balances your body's structure and energy field. Structurally, this session aligns the skeleton (without force or pain) to improve your posture and gait. By focusing on the foundation joints, your deepest anatomy is left relaxed allowing you to be comfortable and loose. On the level of held patterns in the mind/spirit, Zero Balancing can open you to easier growth. (Please remain fully clothed for this treatment)

Thai Bliss 110 mins \$295

Breathe, meditate, stretch, align and fine tune with a traditional Thai massage enhanced with heated herbal poultices, complementary yoga stretching, breath and re-alignment. To achieve a state of deep balance and meditation, your therapist uses intuitive chakra energy balancing and aromatherapy to create peace and harmony within the body, mind and soul.

Reiki Awakenings 80 mins \$220

Drop into a deep state of relaxation with a full Reiki healing that integrates the vibrational sound healing of a crystal singing bowl, Indian chakra tuning forks, Native American Shamanism and Clairvoyance. This treatment heals and transforms, connecting body, mind, heart and soul in the journey toward optimal health and spirituality. Clairvoyant messages provide guidance in how you can enhance and attract health, love, joy and peace.

specialty therapies

Eastern therapies

Traditional Chinese Medicine 50 mins \$150 | 80 mins \$220

Our Chinese Doctor will take relevant information from your pulse, eyes, tongue, voice, movement and health history. You will then be given guidance with issues around health, diet, energy, lifestyle, work and relationships to help restore your Qi, or life energy to a healthy flow. This treatment may also involve diet, herbs, Qigong, Acupuncture and other Chinese healing modalities.

Acupuncture 50 mins \$150 | 80 mins \$220

Acupuncture is part of an integrated system of health care called Traditional Chinese Medicine that dates back thousands of years in China. Acupuncture is an effective, natural and popular form of health care which involves the use of fine needles inserted into specific sites along meridian energy lines to clear blockages and encourage normal flow of Qi. This treatment may also include moxibustion, cupping, electro-stimulates and massage to assist in a number of conditions and to improve general wellbeing.

Facial Harmony 50 mins \$150

Calm the mind and allow your natural beauty and radiance to shine through, with gentle, relaxing facial acupuncture and acupressure. A luxurious face and scalp massage releases deep tension in the facial muscles so that lines and other signs of age, stress and fatigue can be reduced. This treatment will also help with the relief of headaches, clenched jaw, teeth grinding, sinusitis, insomnia, irritability, sore eyes and a busy mind.

East and West 80 mins \$220

A fusion of techniques delivers a potent treatment for the relief of stress and tension. Your practitioner works into the muscles with remedial massage before applying the cupping technique to release stubborn knots, drain toxins and bring blood flow to stagnant muscles. Acupuncture re-establishes a balanced flow of energy throughout the body, while moxibustion strengthens blood and stimulates Qi.

Reflexology 50 mins \$110 | 80 mins \$160

As your therapist uses thumbs and fingers to go 'walkabout' on the pressure points of your feet, blockages are released and your inner flow of energy is restored to its natural equilibrium. This is a complementary therapy that assists the body in healing itself.

Chi Nei Tsang 50 mins \$150

This ancient Taoist tradition frees blockages in the abdomen and guides the healing energy through the entire body, through massaging a series of points in the naval area with deep, soft and gentle touch. Your therapist brings vast experience and intuitive touch, providing a treatment that profoundly centres and calms the body, while producing an overall feeling of energised wellbeing.

specialty therapies

Spa Rituals

Tribal Dreaming 150 mins \$380

Intention Ceremony, Smudging, Ochre Clay, Ka-Huna Influenced Bodyworks, Didgeridoo Healing

Soothe your mind, body and soul with this beautiful ceremony which has been created to encourage releasing of the old, through the intention of the new, to emerge and come forth. This experiential process captivates all of your senses so as to welcome abundance into all areas of your life. Time stands still as you reside in a place of dreamtime that will leave you feeling grounded, invigorated and clear.

Yin Qi Yang 80 mins \$420

Four Handed Massage, Essential Oils, Hot Stones and Healing

As you step into the centre of the Yin and Yang polarities, a trinity of mind, body and spirit aligns to create balance, wholeness and unity. A circling of sage represents the fire element and as the massage begins, raindrops of essential oils capture the water element, while hot stones connect you to the earth as the flow of Qi moves like air through the body. Your therapists hold you in an embrace of ultimate healing and the feeling of four hands is second to none. Vocal vibration, softly spoken words and chanting serve to heal core wounds, accelerate your awakening process and connect you to your authentic truth.

Dusk Indulgence 150 mins \$380

Foot Soak, Body Exfoliation, Mud Wrap, Hair and Scalp Treatment, Massage, Facial, Hand Treatment

Escape to a tranquil place in your mind and heart as we surprise you with a delicious pampering from top to toe. You will be welcomed with a foot ritual then a full body exfoliation with sea salts, followed by an enriching cocoon of warm body mud. A hair and scalp treatment takes you to heaven and beyond, while a gentle rhythmic massage works in unison with the needs of your body. Finally your skin is restored to a luminous glow with a luxurious facial.

Signature Journey 150 mins \$380

Tea Ceremony, Silk Caress, Body Exfoliation, Bath Soak, Sacred Body Work.

A fusion of ancient healing rituals with contemporary techniques will take you to the realm of bliss. Your sensory journey begins with an aromatic foot bath and the touch of silk against your skin. A full body salt glow is followed by a deeply enriching and mineralising bath, before you are invited to surrender to a sensory landscape of various massage styles, designed to soften your body on all levels.

specialty therapies

Mind body soul therapies

Heaven Scent 80 mins \$235 | 110 mins \$310

The ancient Hawaiian traditions of Ka Huna massage, hot stones containing 'jiva', spiritual channelling and essential oils will soften the physical body, slow the mind and release emotional tension. This is a journey of Self - connecting back to your heart wisdom whilst releasing negative patterns. You are left with a feeling of wellbeing on all levels.

Hawaiian "Kaulike" Healing 80 mins \$235 | 110 mins \$310

This therapy uses the Hawaiian method of "Ho'oponopono", which is a cleansing process that brings you back to harmony and balance. Your therapist holds the space for you to acknowledge an area that may not be working for your higher good in life. Honouring the body's intelligence you are then taken on a journey with a back massage and aura soma colour therapy, Reiki and Theta healing to heal disruptive patterns in the subconscious. NLP (Neuro Linguistic Programming) and visualisation techniques are also used to accelerate positive change and mental clarity.

Body Magic 110 mins \$320

This therapy creates a safe space for you to voice your thoughts and feelings. Your therapist then uses a combination of dynamic psychotherapy exercises that open body and mind so as to clear self esteem issues and emotional blocks. Following this, the power of a Ka Huna massage blended with visualisation and affirmations works to release stuck energy and integrate a new way of being at a cellular level. A full energy balance to harmonise all Chakras gently completes your journey.

Soul Search 80 mins \$235

Whilst relaxing to the nurturing touch of Reflexology, you will be engaged in a conversation that reveals valuable information and education to benefit all of your relationships. Along with Angel Cards and Clairvoyancy, new healthy boundaries can be created and conflicts resolved, giving you courage and trust to discover a new and more powerful sense of self, a deeper passion for life with an honour and respect for authentic love and family values. Soul Search can be life changing and bring about a new enthusiasm of spirit.

stress and emotional wellbeing

*Please remain fully clothed for these sessions.

Cutting Edge Counselling 50 mins \$170

Bring an issue to the table, explore and reframe it and unveil the tools you need to move forward.

Transformational Therapy 80 mins \$240

Through the process of counselling, body psychotherapy, energy work and restorative exercises, our psychotherapist will guide you on a process of reclaiming and nourishing the wounded parts of yourself. This session addresses old patterns of behaviour and repeated circumstances that may be affecting your ability to feel joy in life. By releasing these blocks in the body or mind, you can open the space for a deeper connection to yourself and others.

Gestalt Therapy 80 mins \$240

With the guidance of one of our highly qualified Gestalt Therapists you will be assisted in refining the subtle ways in which you perceive events so that you can move forward in creating the life you desire. This holistic experiential method of Psychotherapy is ideal for addressing addictions, fears and psychological challenges and can help you gain clarity on issues that are unclear.

Wild Wise Woman 80mins \$220

Unleash the wild woman within and embrace your sacred feminine energy under the guidance of our body-mind specialist. With a combination of movement techniques and an exploration of the body's physiology, this session is designed to inform and empower women by teaching practical mind and body tools to take home. Draw on your rich resources as a woman to overcome obstacles such as fear, obligation and guilt. Finally a beautiful and yet simple ritual will guide you to turn inward and set an intention for your new path with the result leaving you awakened and renewed.

The Journey Per Hour \$125

As you close your eyes your journey practitioner will gently guide you to drop through your emotional layers so that you can heal past hurts and let go of limiting patterns that are preventing you from living a full life here and now. The Journey process can help to transform issues like fear, anxiety, stress, depression, low self-esteem, chronic anger and rage. Other challenges that can be addressed through this process are physical illnesses/concerns, addictions and unhealthy behaviours, relationship concerns and career performance. Upon consultation with the Journey Practitioner, you could explore the various options of the Journey processes and choose the option that would best meet your need. A process is specific to each person and may take 2 to 4 hours.

stress and emotional wellbeing

Goddess Wisdom – Training and Healing 80 mins \$220

With soulful music, the rhythm of your breath and the elements of nature, you will be introduced through guided visualisation to the Goddess and her wisdom. With an open and willing heart you will go on a powerful journey that unites you with your authentic spirit and the Ancient Wisdom of *Mother Earth *Mother Crone *Mother Mary *Goddess Grace *Aphrodite. Your heart and soul will be filled with wisdom, courage, peacefulness and patience to guide you through the day.

Focus on Meditation 50 mins 1 guest \$95/person

50 mins 2-3 guests \$75/per person

50 mins 4-5 guests \$60/per person

50 mins 6-7 guests \$50/per person

Follow the path to inner calm and equanimity. Our meditation specialists offer practical and esoteric techniques so that you can drop into the centre of your being.

insightful experiences

*Please remain fully clothed for these sessions.

Equine Experience 50 mins \$120 | 80 mins \$180

Working with Stevie the horse and our holistic counsellor and interactive horse expert, you will learn to embrace the essence of personal power. Through interaction with the horse, this session will bring to the surface, anything that may be holding you back from living a full and free life. By addressing issues, you will learn how to simply and effectively shift into a space of knowing and change your life in very positive ways. (Please wear closed in shoes and bring a hat and water for this session.)

Horse Whispering 50 mins \$120 | 80 mins \$180

Open your mind and discover how to use your body language, energy and intention to influence and communicate with a beautiful equine. This captivating session will highlight how a strong bond of connection and trust can be created between human and horse. Through this lesson you will gain a new understanding of how the same principle can be applied to your relationships in life. Horse whispering is a wonderful experience for those with a curious mind and with or without experience around horses. (Please wear closed in shoes and bring a hat and water for this session.)

Tarot and Numerology Reading 80 mins \$200

Using the sacred archetypes of the Tarot and the wisdom of numerology, you will be assisted in gaining an understanding of how nature's cycles impact the different stages of your life. As a result of this new understanding you will be able to release blocks and gain clarity to focus on goals. By using these age old modalities in conjunction with holistic counselling skills, you will create positive re-patterning of beliefs and release attitudes that no longer serve you.

Astrology 80 mins \$200 | 110 mins \$265

Discover your potential, your deep inner needs and life's purpose through a detailed look at your personal horoscope. By interpreting the basic life-forces and the roles of the planets and their qualities (the elements, signs and houses), astrology is able to present a complete and comprehensive picture of you, along with cycles and planetary influences that affect your journey.

Art Therapy 50 mins \$165

This guided session involves drawing with closed eyes and both hands, using chalk, crayons or finger paint on large sheets of paper. The aim is to discover one's inner movements and their messages, as all mental self-talk cause's subtle muscular reactions and movements. Art Therapy has the potential to awaken inner perception that can lead towards healing, creativity, meaning and love.

wellness therapies

*Please note that these consultations are subject to practitioner availability.

Successful Ageing Analysis 30 mins \$100

This is an incredible analysis that will give you information on several of your body's 'biomarkers', including muscle-mass, quality of muscle, cellular health, hydration level, body fat, basic metabolic rate and physiological age. Equipped with this information your consultant can offer some practical guidance towards achieving an optimal level of health in all key areas.

Naturopath Consultation 50 mins \$105

A consultation with one of our highly trained naturopaths will take a look at your current lifestyle, diet and general wellbeing. Specific issues such as feeling unwell or lacking in energy will be explored so that a plan of Naturopathic remedies can be prescribed. Your consultation may include Iridology, Homeopathy, Herbal Remedies or Bush Flower Essences.

Naturopath and Live Blood Analysis 80 mins \$175

In addition to a consultation, your naturopath will take a small prick of blood from a finger and place it under the microscope. Looking at the blood cells in this way provides an indication of the state of your general health by uncovering nutritional deficiencies and body systems that are not functioning optimally such as digestion, immune system and liver function. This consultation also includes a copy of your blood analysis along with a suggested treatment plan.

Nutrition Consultation 50 mins \$150

A new perspective on nutrition awaits you as you examine your relationship with food and learn about true nourishment and optimal nutrition. Your eating patterns and food choices will be evaluated so that simple and practical eating strategies can be offered to help you find a way of eating that is right for you. Issues such as skin problems, stomach bloating, digestive disorders, weight management, irritable bowel syndrome, insomnia, high cholesterol, fatigue and migraines will also be addressed.

Nutrition and Successful Ageing Analysis 80 mins \$230

Our nutritionist can give clear and direct guidance with regards to your food choices when combined with a true and accurate reading of your current health status as gained by the ageing analysis.

Iridology 50 mins \$150

Using the latest technology, this consultation will begin with taking a photograph of both eyes. The images are then expanded onto a screen for intricate examination. The analysis of your iris reveals your inherited constitutional make up and highlights areas where your body need more support. Equipped with this information your iridologist can give you an insight into yourself and offer you the best advice on how to manage the 'fabric' you have inherited to reach optimal wellness.

wellness therapies

Holistic Iridology 80 mins \$175

This evolved consultation will use the same technology used for our standard Iridology, however this integrated consultation has expanded to include the emotional links affecting your wellness. The iris in the eye will reveal psychological indicators along with your unique personality and your constitution. Our holistic iridologist can then offer you guidance with how to reach balance of mind, body and spirit.

Essential Wellness Package 110 mins \$250

Combine Live Blood Analysis and Iridology and receive fundamental information to manage your health.

Colonic Hydrotherapy 50 mins \$105

This private treatment introduces a gentle flow of water into the colon so that impacted waste matter, gas and undigested food can be released. An abdominal massage is applied throughout the treatment whilst you relax and breathe. This therapy is excellent for anyone experiencing any sort of abdominal discomfort.

Quantum Biofeedback (SCIO) 80mins \$210

Quantum Biofeedback offers insight into your state of physical, mental, emotional and spiritual well being, identifying factors and underlying issues contributing to sub-optimal health. These stressors and imbalances are addressed in the session by sending health promoting energetic signals to your body, retraining it to resonate at a healthier frequency. This session is with a qualified Naturopath and is tailored to suit your individual needs.

physical therapies

*Please note that these activities are subject to our specialist's availability.

CHEK (Corrective, Holistic, Exercise Kinesiology)

50 mins assessment + 50 mins practical session \$295

Based on the CHEK model of health, this package aims to identify and correct postural and pain syndromes through the prescription of scientific stretches and exercise. This intensive system of muscular and postural assessment is highly individual and will assist you in creating a more functional body.

Strength and Conditioning 3 x 50 mins \$425

4 x 50 mins \$535

This package is designed to create the right exercise program for your body using cutting edge training methods. Based on your current physical condition, a program will be created to improve your posture, strength and physical condition.

Discover Interval Training 50 mins 1 guest \$120/person

50 mins 2 guests \$80/per person

Improve your cardiovascular fitness and get your heart pumping with a diverse array of techniques and tools, from pool based activity and boxing, to outdoor running and medicine ball training. Put the fun back into fitness!

Core Essentials 50 mins 1 guest \$120/person

50 mins 2 guests \$80/per person

Learn the fundamental exercises that are proven to strengthen the supporting muscles of the body. These exercises will decrease back pain, improve co-ordination, breathing ability and build a solid foundation of 'core' abdominal strength.

Personal Stretching Therapy 50 mins \$120

Breathe your way to a more supple and energised state of being with one of our highly qualified Corrective Exercise Specialists who will support you in some deep stretching to release tight overworked muscles.

Re-Alignment 80 mins \$150

This is a non manipulative approach that assists in the re-establishment of joint symmetry throughout the body using a gentle application of isometric principals (active resistance in stillness) inspired by the Japanese Osteopathic modality Soh Tai Ho.

Kinesis Training Sessions 50 mins 1 guest \$120/person

50 mins 2 guests \$80/per person

This exciting session will explore the safe and effective training system of Kinesis equipment. This unique form of resistance movement will increase strength, muscle tone and core stability.

physical therapies

Pilates Equipment 80 mins 1 guest \$120/person
80 mins 2 guests \$80/per person

Pilates Equipment is a highly sophisticated exercise system that creates an environment of instability to challenge your core integrity. It also calls upon integrating the mind and body for greater awareness, balance, co-ordination and postural alignment. Your instructor will assess your posture and tailor the session to suit your individual needs with some of the results being increased joint mobility and flexibility, improved bone density and the ability to move with grace and ease.

Pilates Mat-work 50 mins 1 guest \$95/person
50 mins 2 guests \$75/per person

The essence of the Pilates technique is to simultaneously strengthen and lengthen the body while having complete control over it. The principles of this method include concentration, control, centering, flowing movement, breathing and precision. All exercises are performed on the floor and can be practiced at home.

Water Ballet 50 mins \$120

While submerged in a weightless environment you can enjoy a gentle resistive workout for the entire body. This session is ideal for injuries and/or developing fluidity of movement. With a focus on graceful control, this is a must for assisting bone density and enhancing general biomechanical efficiency. Think 'ballet barre' and discover the dancer within.

Yoga 50 mins 1 guest \$95/person
50 mins 2-3 guests \$75/per person
50 mins 4-5 guests \$60/per person
50 mins 6-7 guests \$50/per person

Experience the benefits of a Yoga class that is tailored to your particular level of fitness and experience. This is ideal for both beginner and advanced students. Your yoga class will include specific guidance and examples that can be practiced at home for ongoing health and harmony.

Tennis 50 mins \$110 or 3 x 50 mins \$300

Private tennis lessons are available for beginners through to advanced players.

Stand up Paddle Board 1 guest \$200/person
2 guests \$180/per person
3 guests \$170/per person
4 guests \$150/per person

Learn the true meaning of core development in flat water right here on the Gold Coast. Stand up paddle boarding is a fun way to improve your balance and agility on a custom designed board with an experienced instructor. Suitable for beginners through to advanced. You will enjoy an early breakfast, leave the retreat at 8am and return by approx 10.30am. You can then shower and change before joining morning tea.