

Optimum Wellbeing PLUS

This retreat is an opportunity to cleanse your body and to empower yourself by first assessing and then discovering solutions to improve your quality of life over 6 fantastic days. Similar to the Optimum Wellbeing program, enjoy an extra day to further increase the benefits of your stay. Leave in control and inspired to continue a balanced routine at home and experience lasting rejuvenation.

Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

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Optimum Wellbeing PLUS

Over six days, this program offers a unique combination of activity, education, superb organic cuisine and rest during the afternoon Dreamtime. Using integrative health techniques, it is a journey of self-discovery and provides the unique opportunity to balance all essential areas of your lifestyle.



6 nights stay Optimum Wellbeing PLUS

Heritage

double	\$2490
single	\$2830

Peel House

double	\$2995
single	\$3565

Orchard Suites

twin/double	\$3120
single east	\$3305
single west	\$3500
deluxe twin/double	\$3450
deluxe single	\$3810

Package includes

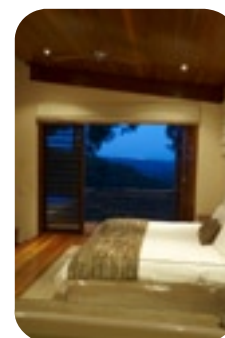
- 6 nights accommodation
- All organic meals and snacks
- 2 classic massages and 1 facial
- \$100 wellness therapy credit
- Key lifestyle seminars
- Cooking demonstration
- Health and wellbeing analysis
- Access to all facilities and scheduled activities
- Courtesy transfers from Gold Coast Airport at set times

Rates for The Villas also available, please contact our Retreat Advisors for details.

All rates are per person, in Australian dollars and include GST. Rates are effective until 28 August 2010 and are subject to change without prior notice. Retreats are subject to availability. Package inclusions vary on special promotional offers. Please check with our Retreat Advisors.

A typical day

- Tai Chi
- Walk/Hike
- Breakfast
- Physical activity
- Morning Tea
- Key lifestyle seminars
- Lunch
- Dreamtime
- Afternoon Tea
- Dinner
- Early night



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