



## Gwinganna Detox

The "Rolls Royce" of lifestyle retreats, your journey begins with gentle movement and slowly over the seven days dynamic activity is introduced. A yearly detoxification is an essential part of a healthy lifestyle and this specialty retreat will provide the ideal environment to guide you through a week of allowing your body to cleanse, regenerate and renew.

*Sharon*

Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
info@gwinganna.com www.gwinganna.com

# Gwinganna Detox

This popular retreat has an added focus on liver function and offers greater results than any other program. Featuring seafood and vegetarian options, the nutritious organic cuisine is carefully selected to assist your body through this process and yet is delicious and satisfying. Six lifestyle seminars will provide new and valuable information plus enjoy soothing spa treatments and a range of diverse activities.



## 7 nights stay Gwinganna Detox

### Heritage

double	\$2905
single	\$3295

### Peel House

double	\$3495
single	\$4158

### Orchard Suites

twin/double	\$3460
single east	\$3675
single west	\$3895

deluxe twin/double	\$3855
deluxe single	\$4265

### Package includes

- 7 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.



*"I had a wonderful time! At the start of my stay I felt impatient, tense and worn out. Today as I leave, I feel physically more vibrant, completely cleansed, calm and deeply contented. I am looking forward to introducing some Gwinganna principles into my daily life and will definitely be back!"*

*Gabby Doquite*

### A typical day

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

*Gwinganna*  
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
info@gwinganna.com www.gwinganna.com