

Gwinganna Lifestyle Retreat

Gold Coast - Queensland



ORCHARD SUITE

Experience the only organic lifestyle retreat and spa in Australia where, from the moment you arrive, you will be inspired to live a healthier life. Located in the hinterland at the southern end of the Gold Coast, 15 minutes from Burleigh Heads beach, Gwinganna Lifestyle Retreat is a serene sanctuary set on over 160 hectares, where the elements of healthier living are explored and embraced.

Superb organic cuisine, an incredible selection of activities, nurturing massage, ocean and valley views, scenic walks and a casual, relaxed atmosphere all provide pure inspiration.

The innovative design of the Spa Sanctuary and the two Signature Spa Suites are a haven for blissful spa treatments. Facilities at the retreat include an impressive two level training centre with gymnasium and private training, group fitness studio with sprung timber floor, spectacular yoga deck at the top of Mt Gwinganna, two heated infinity edge swimming pools and the stunning Mind Body Pavilion for activity sessions.

Property Features: Dining room, Guest lounge, Yoga deck, Mind Body pavilion, Outdoor amphitheatre, Outdoor fireplace, 2 Pools, Spa, Sauna, Tennis courts, Gymnasium, 16 bushwalking tracks, Orchard, Organic gardens, Spa Sanctuary

Health and Wellbeing Activities: Yoga, Pilates, Kinesis training, Tai Chi, Meditation, Personal training, Movement, resistance, dance and stretch classes, Art classes, Tennis coaching, Abseiling, High ropes course, Guided nature walks, Lifestyle workshops, Organic cooking demonstrations, Specialty retreats

Spa Features and Spa Menu: Massage (Reflexology, Shiatsu, Aromatherapy, Lymphatic, Ka Huna, Reiki, Remedial, Thai), Body wraps and scrubs, Signature spa ritual, Hand and foot therapy, Facials, Specialty treatments, Naturopathy, Nutritionist, Traditional Chinese medicine, Acupuncture

WEEKEND WELLNESS ESCAPE

Experience a weekend like no other. After just two days at Gwinganna, you will feel inspired and energised. The Weekend Wellness Escape is your easy escape from work and the stress of everyday life. Maximise your precious time away in an idyllic setting with organic cuisine, gentle and dynamic movement and something to suit all levels of fitness. Choose how much or little you wish to do.

This is just one of many Organic Lifestyle Retreat packages available at Gwinganna. Ask your travel agent for details of the 3, 4, 5 and 7 night retreats and the Specialty Health Retreats held throughout the year.

WEEKEND WELLNESS ESCAPE

- Two nights accommodation
- All gourmet organic meals & snacks daily
- Return scheduled transfers from Gold Coast Airport
- Gwinganna classic massage (50 minutes)
- \$50 gift voucher for The Store
- All scheduled activities
- Gwinganna gift pack
- Use of all facilities

PRICE PER PERSON		2
1 APR 08 – 31 MAR 09		NIGHTS
Heritage House	Twin Share	\$890
	Sole Use	\$995
Orchard Suite	Twin Share	\$995
	Sole Use	\$1060

Set arrival and departure dates apply. Other Organic Lifestyle Retreats and Speciality Retreats are available throughout the year. Ask your travel agent for details.

GLRQLD

LOCATION:

25 minutes drive north of Gold Coast Airport or 60 minutes south of Brisbane Airport.