

## Gwinganna Detox

Allowing your body time to cleanse is an essential element to vitality and healthy ageing. A body that is more alkaline is less likely to suffer inflammation and although your body detoxes itself every night, unbalanced lifestyle choices can overload your system. This specialised program is designed to provide a safe and healthy way to allow your body to 'catch up'. It is an ideal environment for your body to deeply cleanse, leaving you feeling regenerated and renewed.

*Sharon*

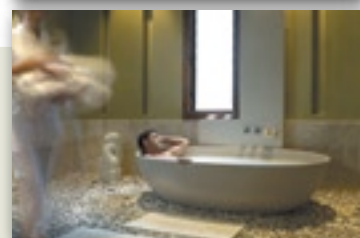
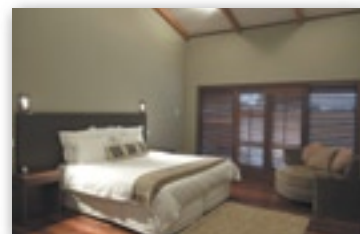
Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

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# Gwinganna Detox

This popular retreat has an added focus on liver function and offers greater results than any other program. Organic meals include seafood, chicken and vegetarian. It is a 'delicious detox' with plenty of options to inspire your tastebuds and satisfy healthy appetites. Key lifestyle seminars will provide you with a clearer understanding of your body's needs and guide you toward improved health and wellness. Leave with whiter eyes, increased vitality and glowing skin. You will feel sensational.



## 7 nights stay Gwinganna Detox

### Heritage

|        |        |
|--------|--------|
| double | \$2905 |
| single | \$3295 |

### Peel House

|        |        |
|--------|--------|
| double | \$3495 |
| single | \$4160 |

### 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 effective 29 May 2011 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

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