

A close-up photograph of lavender flowers in a field. The flowers are in various stages of bloom, with some showing vibrant purple and blue hues. The background is a soft, out-of-focus green, suggesting a lush garden or field. The overall mood is serene and calming.

Restore
Spa and Wellness Menu

Welcome

Each afternoon during your stay we invite you to switch off and embrace one of the fundamental elements of optimal wellbeing: strategic rest. This is your time to stop, rest and relax.

We offer you a diverse and extensive array of therapists who can help enhance your stay. From soothing spa therapies to wellness consultations, there are also stress management, emotional wellbeing and movement sessions tailored to your needs. Choose exactly what you need and let our team help guide you.

*Sometimes the most important thing in a whole day
is the rest we take between two deep breaths.*

Etty Hillesum

Unique Gwinganna Experiences

Spirit of Sound



80min \$250

As equally uplifting as it is deeply calming, this therapy combines a powerful meditation with a fusion of massage techniques, live percussion (including drums and rainsticks) and the highest quality heated Basalt stones, all choreographed to carefully selected music. Working with the meridians of the body, which are reflected on the face and head, this treatment can have numerous health benefits for the digestive system. Using the art of drumming, the vibrations reach deep within the body and mind at a cellular level. This ancient art acts as a 'wake up' for the cells and is a unique experience for your senses.

Rockupuncture



80min \$250

Subtle Japanese style acupuncture addresses your health needs, while the highest quality heated Basalt stones are used to calm and restore the nervous system and activate your lymphatic system. Your therapist uses a fusion of hot stones and therapeutic acupuncture to enable the realignment of energy through the meridians, leaving you feeling nurtured, restored and nourished. This is an ideal treatment for people dealing with stress, adrenal exhaustion, fertility issues and insomnia.

Integrated Massage Therapy



80min \$250

This session combines the best of remedial 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 using specific balancing techniques, reflex points, slow rhythmic movement, gentle rocking and energy healing. You will be given suggestions as to why the body is exhibiting certain imbalances and symptoms and will receive mindfulness techniques to help you stay in balance. This session is highly beneficial for the release of long-term stress, helping you to experience a sense of physical, mental and emotional wellbeing.

Aloha Lomi Lomi Ritual

150min \$410

Begin your treatment with an intention ceremony and a card reading to identify what your soul needs most from this spiritual journey. Using a variety of massage techniques, your senses are touched by the many aspects of healing in this ritual inspired by the wisdom of the Ancient Hawaiian Kahunas. This treatment harmonises heart and mind, opens you to experience the magic of spirit (Uhane) and allows presence (Pono) to flow, align and unite all parts of your authentic self. A beautiful treatment for those experiencing transition or grief or who simply wish to experience deep healing and powerful bodywork.

Holistic Kinesiology

80min \$250

This illuminating process begins with gentle counselling to help identify primary issues that may be preventing you from moving forward or embracing life with energy and enthusiasm. Muscle testing then highlights the energetic blockages within your meridian system and can identify unconscious patterns that may be impacting your life in unhelpful ways. Your therapist will then use a selection of specialised techniques including acupuncture, aromatherapy, sound, colour therapy and tapping techniques to restore your system to a state of balance. With the release of destructive thought patterns and behaviours, you are left feeling lighter, more empowered, and with a deeper sense of clarity, focus and self-awareness.

Restorative Bodywork



80min \$250

This session is tailored to treat specific conditions. Your specially trained therapist utilises skills such as oncology massage, advanced lymphatic drainage, reflexology, myofascial release, scar tissue reduction and ultrasound therapy to assist healing through your body, mind and soul. It is ideal for those presenting with past or current cancer diagnosis, lymphedema, oedema, lymph node removal, recent surgery, scarring, bowel related concerns, restricted range of motion, sciatica, temporomandibular joint disorders, plantar fasciitis/heel spur, repetitive strain injuries, and post pregnancy conditions.

Home Grown Organic

80min \$140 per person

In this small group session spend time with our passionate and talented organic gardener to learn how to start growing your own organic food at home, or explore ideas on how to use your home grown herbs and vegetables. These easy techniques will change the way you think about gardening, especially if you think you don't have enough time. These sessions can be tailored to meet the individual needs of the group.

Organic Facials

Certified organic, PHYT'S products are a subtle alliance of active ingredients that brings radiance and results you deserve... naturally. A relaxing scalp, neck and shoulder massage is included in all of our facials.

Balancing Facial 50min \$120
Cleansing, exfoliation, a mask and moisturiser are all included in this relaxing, balancing facial for normal skin types to maintain optimum skin condition.

** When you choose any of our 80 minute facials, your therapist will analyse your skin and discuss with you which facial will best be suited to your skin type and desired outcome.*

Deep Cleansing Facial 80min \$180
The products used in this facial are specifically designed to draw impurities out of the skin assisting to eliminate congestion and leave your skin fresh and smooth. Ideal for skin prone to breakouts and congestion, this is the only facial where extractions are performed.

Sensitive Repair Facial 80min \$180
Redness is reduced and the most sensitive skin is soothed with this effective combination of ingredients to strengthen the facial capillary walls. Ideal for skin showing signs of reactivity and rosacea.

Energising Facial 80min \$190
High in chlorophyll, this facial will not only speed up cellular renewal, it will also oxygenate and detoxify the skin leading to a beautifully clear and noticeably brightened complexion. Ideal for those wishing to further enhance their detoxification and for those with dull complexions.

Hydrating Facial 80min \$210
Deeply hydrating and remineralising for the skin, this facial will stimulate cellular renewal, fight free radical damage and activate circulation creating a noticeable difference in the smoothness of your skin. Ideal for dry, dehydrated skin and to target fine lines and wrinkles.

Vitamin Renew Facial 80min \$210
A powerhouse of nutraceuticals for ageing skin that leaves skin hydrated, firm and oxygenated. The combination of highly active natural ingredients provide an alchemy of powerful vitamins, minerals and amino acids formulated for mature skin to preserve the integrity of collagen and elastin. Ideal for skin requiring firmness and overall regeneration.

Men's Essential Facial 80min \$170
Beginning with a back scrub, this facial oxygenates and unifies the skin to help purify and revitalise. Specifically designed for the male complexion, this facial will nourish and calm your skin.

Add in Treatment: Scalp Hot Oil \$20
Whilst enjoying the scalp massage included in any facial, we add a warm, nutritious serum for your scalp and hair to stimulate hair growth and regeneration.

Add On Therapies

Add a little extra restoration time to your facial or body ritual with one of our therapies below. Please note, these therapies are only available in conjunction with a facial or body treatment.

- Scalp and Hair Therapy W 30min \$60
A combination of pressure point techniques and relaxing massage is used to relieve tension in the scalp. Hot oil and a rich mask are run through the hair and scalp to revitalise follicles, nourish the scalp and repair dry or damaged hair.
- Soothing Foot Massage W 30min \$60
Revive tired and sore feet with an aromatic hot towel compress and a gently relaxing foot massage.
- Bath Butler W 30min \$60
Immerse yourself in a bath complete with epsom salts, essential oils and herbs and flowers freshly harvested from the garden.

Hand and Foot Therapies

Manicure



50min \$95

Restore hands and nails with a delicate exfoliation, cuticle care, filing and shaping nails along with a relaxing massage to nourish and hydrate. Complete with nail buff or polish.

Pedicure



50min \$95

Revive neglected feet with a gentle massage exfoliation, heel buffing, cuticle care and nail shaping. Complete with nail buff or polish.

Deluxe Pedicure



80min \$140

This luxurious foot therapy begins with a warm foot soak and exfoliation to soothe the lower legs and feet. Heels and feet are buffed to remove build up, nails are shaped and cuticles are cared for. A revitalising massage and mask then revive lower legs and feet before your experience is completed with a nail buff or polish. Ideal for those who need extra time and attention on their feet.

**As an organic retreat and spa, we do not have the facilities to apply or remove shellac or acrylic polish.*

*Be kind to yourself and nurture your spirit.
Take time to have a massage often.
It can help you slow down, switch off and rebalance.*

Body Rituals

LI'TYA, meaning 'of the earth', is a unique range of spa products that tap into the naturally powerful qualities of the Australian earth. Using the profound wisdom of ancient indigenous spirituality, medicines and healing modalities, this range is made with the purest native plants, flowers and fruits. Each treatment has been developed to the highest standard to create a memorable experience and lasting results.

Yanko



50min \$135

With your choice of Australian native aromatic oils blended with desert salts, this full body energising scrub will invigorate and cleanse the skin. Followed by a warm rain shower and an application of rich body lotion, your skin will be smoother and more supple. This is a sensory experience for the body which leaves you feeling invigorated and glowing.

Mala Mayi



80min \$195 110min \$290

Unwind with this complete body rejuvenation experience. After an exfoliation with your choice of Australian desert salts and aromatic oils, your body will be cocooned in a warm layer of your chosen mineral rich body mud. An indigenous inspired scalp treatment massage allows you to drift away before your treatment is completed with a full body application of moisturiser, leaving your skin nourished from head to toe. Enrich your Mala Mayi to 110 minutes to add an uplifting LI'TYA Kodo back massage to release any remaining tension.

The Dreaming



170min \$395

Relax and revitalise with this signature LI'TYA treatment to reconnect the body and mind from head to toe. The ritual includes a facial, Mala Mayi body wrap, Kodo body massage, scalp massage plus hand and foot treatment. Switch off as you experience the ultimate renewal through the power of Australian native plant essential oils and extracts, earth ochres and desert salts. Embracing traditional indigenous healing techniques, these deeply therapeutic elements work to nurture, revive and restore. The Dreaming is a truly all-encompassing spa experience.

Massage Therapies

Gwinganna Classic Massage W

50min \$110 80min \$155

This relaxing full body massage is based on relaxation techniques to gently ease surface tension and stress. Ideal for those who prefer a softer style massage to help unwind and when deep tissue work is not suitable.

Remedial Massage W

50min \$150 80min \$210

A deeper massage designed to alleviate muscle tightness and work at releasing the tension that may be causing pain or restriction in movement. Your therapist will discuss with you your specific areas of concern and focus on those areas or cover your whole body. Choose the 80 minutes if there are more than two areas of concern. For specific injuries we recommend MyBodyWorks, Integrated Massage Therapy or Restorative Bodywork.

Hot Stones W

50min \$150 80min \$210

Smooth, hot stones are held in the therapist's hand and directed over your body whilst others are placed along your spine creating a deeply relaxing and nurturing experience. An ideal treatment for enhancing circulation, connecting mind to body and for those who wish to alleviate muscle tension without the depth of a remedial massage.

Lymphatic Drainage W

80min \$210

Whilst all massage stimulates the lymphatic system, this lymph specific technique uses delicate, rhythmic strokes over targeted lymphatic channels to encourage the natural drainage of lymph through the nodes. Recommended for supporting the immune system, recovery after post-surgery and to aid fluid retention. For those who are currently undergoing oncology treatment please refer to Restorative Bodywork.

Shiatsu W

50min \$150 80min \$210

Shiatsu, meaning 'finger pressure', is a gentle and relaxing Japanese form of bodywork. With a continuous rhythmic sequence, thumbs, fingers and palms are used to apply localised pressure along your meridian (or energy) channels to promote the flow of Qi and release blockages. An excellent treatment to promote circulation and calm the nervous system.

Foot Therapy W

50min \$150 80min \$210

With roots in reflexology, this relaxing foot massage is ideal for those who have tired, sore feet. Using their thumbs and fingers, your therapist massages the pressure points in your feet and lower legs to instil calm and help rebalance your body.

Pregnancy Massage W

50min \$150 80min \$210

Suitable for second trimester onwards, this nurturing treatment is performed by our specially trained therapists. Depending on your stage of pregnancy and comfort level, your belly will either rest on a special pregnancy mat or you will be lying on your side. Feel your body unwind with a range of relaxation based techniques from gentle to (adaptive) deep tissue pressures.

Specialty Therapies

Hawaiian Bodywork



80min \$240 110min \$295

Using hands and forearms and specially selected music, the hypnotic rhythm of this massage brings about a deep sense of relaxation. Feel yourself soften as your therapist performs a 'dance with the body' intuitively flowing from head to toe. Though it is best to be unclothed for this treatment, your therapist will maintain a draped sarong to protect your modesty. Ideal for shifting tension from the physical, energetic or emotional bodies.

Thai Massage



80min \$195 110min \$260

This fully clothed massage is performed on a futon and uses acupressure muscle compression and a supported stretching regime to stimulate your meridian (or energy) channels. Aligning your structure and sending abundant energy flow along the neural pathways, it is useful for releasing both joint and muscle tension whilst also leaving you energised, balanced and relaxed. Thai massage can be strong and deep or soft and nurturing to suit your needs. Please note, Thai pyjamas are provided for your comfort.

MyBodyWorks



80min \$240

Combining Myotherapy and physiotherapy techniques, this innovative, holistic and restorative treatment combines stretching and musculoskeletal massage. By moving the muscle into a gentle stretch, the deeper muscles, ligaments and tendons are drawn to the surface allowing for a deeper release in tension. Your therapist works along the muscle from origin to insertion to lengthen and realign the entire body. Tailored to address your individual condition, this is an ideal treatment for chronic complaints such as muscle tightness, frozen shoulder, tennis elbow, whiplash, neck and back pain, sciatica, headaches and sports injuries.

Reiki Healing



50min \$160

Reiki is a hands-on energy healing treatment different to massage. Your therapist channels energy into your body to assist the rebalance of your mental, physical, emotional and spiritual bodies. The results are often feelings of lightness, relaxation and of feeling more centred. Reiki can help with a host of health, mental and emotional issues including aiding the detoxification process, assisting with insomnia and relieving stress. An Indian head massage is added to complete this wonderfully restorative experience.

Eastern Therapies

Eastern medicine has been used for thousands of years to address many physical, mental and emotional imbalances. Research shows that Traditional Chinese Medicine (TCM) and acupuncture help to activate the parasympathetic nervous system and draw the body out of a 'fight or flight' response. Based on Eastern healing techniques, these treatments can be effective in treating anxiety, stress, persistent muscular tension or challenges such as headaches, digestive disorders, hormonal imbalances, infertility and disrupted sleep patterns.

TCM and Acupuncture



50min \$160 80min \$235

This treatment will begin with a consultation by your practitioner who will gather relevant information from your health history and gain further understanding of your body's current condition by inspecting your pulses, eyes and tongue. Based on this information and your desired outcome, acupuncture is utilised to clear blockages, encourage normal flow of Qi and address any muscular tension.

East and West



80min \$250

A fusion of techniques delivers a potent treatment for the relief of stress and tension. Your practitioner softens tight muscles with 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. Ideal for anyone with persistent muscular pain.

Eastern Harmony



50min \$170

There are many acupressure points around the face and scalp that retain tension and stress. Allow your therapist to alleviate the tension held in your facial muscles, scalp, neck and shoulders with a combination of acupuncture and massage. Find true relief from headaches, clenched jaw and teeth grinding, sinusitis, sore eyes and a busy mind.

Chi Nei Tsang



50min \$160 80min \$235

Translating to 'internal organs energy transformation,' this treatment works mainly on the abdomen with deep, soft and gentle touches that are designed to teach your internal organs to work more efficiently. Unprocessed emotional charges are also treated in the same manner, as well as all of the body systems: digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, and the acupuncture meridian system. Ideal for those who are experiencing digestive complaints and for those looking to rebalance their body systems. We recommend combining with Colonic Hydrotherapy.

Zero Balancing

45min \$160

Combining principles of Osteopathy with Traditional Chinese Medicine, Zero Balancing is hands-on acupressure bodywork, which unblocks and rebalances your body's structure and energy field. Structurally, this session aligns the skeleton (without force or pain) to improve your posture and gait and leaves your deepest anatomy relaxed, comfortable and loose.

Ayurveda Aromatherapy

Ayurveda Aromatherapy is the marriage of two sciences, Ayurveda (an ancient holistic healing system designed to support people to stay vibrant and healthy) and Aromatherapy. Subtle Energies products are made in Australia and have been pioneers in reviving the science of using rare and unique essential oils, long forgotten in traditional Ayurvedic practices. In these specialised treatments, the traditional techniques and benefits of Ayurveda are combined with the added benefits of Aromatherapy techniques.

Abhyang Fusion



80min \$250 110min \$330

This holistic treatment combines a ritual of hot compresses for face and feet and a full body massage. Encompassing a unique blend of ancient and modern techniques, the experience begins with a foot ritual and continues with a massage of the face and body using products specifically chosen to help rebalance you. This is an excellent treatment for jet lag, relieving stress and fatigue, as well as draining the lymphatic system.

Padabhyang



80min \$250

An in-depth lower leg and foot treatment that addresses the entire body by working on the various Ayurvedic marmas or energy centres. Beginning with a foot soak, exfoliation and compress, your therapist will then complete a detailed and deeply relaxing leg and foot massage using products specifically chosen to help rebalance you. Ending with an application of luxurious double cream or lotion, this treatment is excellent for relaxing, assisting your body's detoxification process and calming fatigue and stress.

Marma Point Relaxation Therapy



50min \$170

Immediately effective in delivering deep relaxation, this treatment reduces stress-related tension with long, flowing movements to ease tired and tense muscles. Through marma point therapy, the vital energy centres are aligned, while enriching Ayurveda Aromatherapy oils embalm the body. The specialty products including Gwinganna's signature blend have powerful benefits for the skin.

Add On: Chakra Balancing



30min \$80

Enhance your spa experience by selecting this add on chakra cleanse and balance. Your therapist will scan, balance and energise your chakras and aura through energy healing techniques and anointing specific chakras with selected Subtle Energies Ayurveda Aromatherapy oil blends. Complete this treatment with a subtle aromatic mist and powerful healing affirmations.

Stress and Emotional Wellbeing

Through scientific research, we now know that our thought processes and emotional state have a direct impact on our wellbeing. Build a deeper awareness of your inner resources to help you process challenging life experiences.

Meditation

50min \$130

Discover the art of mindfulness and finding stillness within through the practice of meditation with a guided private session. By training the brain to become an observer of thought and learning to focus attention inward, you can invoke a deep sense of calm and a heightened sense of awareness. This session can be shared by two people for \$90 per person.

Personal Transformation

80min \$270

Discover the essential ingredients for real change and growth. Instead of replaying the same messages in your mind, your practitioner will help you find those places within yourself that are more resilient and kind. Grounded in techniques that form the 'how to' element of creating happiness and connecting to others, this holistic session can help address specific issues you may be experiencing in your life (such as addiction, relationship difficulties, anxiety, grief or stress) and is equally valuable for general non-specific matters you may just wish to discuss with someone.

Stress Management

80min \$270

Our bodies react to pressure by releasing a flood of stress hormones designed to create an emergency response. While these hormones are useful in helping us deal with challenging situations, in the long-term they can have serious consequences on our health. In this session, gain a deeper understanding of the key stressors in your life and learn how to manage your responses to them more effectively. Your practitioner will recommend techniques to help you feel more in control and better able to cope with more clarity in times of stress.

The Journey

\$180 per hour

This unique approach to emotional wellbeing is designed to uncover the root cause of whatever is preventing you from living a joyful life now. By accessing stored emotions and past experiences, your practitioner can help you transform your fear, anxiety, depression, low self-esteem, anger, physical illness and patterns of behaviour that are not serving you well. This session will unravel unhealthy beliefs that you have about yourself and release emotions that you may have been unable to express fully during influential experiences. Sessions average 90 - 110 minutes.

Gwinganna Equine Experiences

Working alongside horses provides wonderful insight into how we manage challenging situations in our lives. Horses, just as humans, are social creatures with expressed personalities, moods, mindsets and roles within their herds. Clear parallels between human and horse nature present considerable opportunity for metaphoric learning and deep growth in our personal awareness. No previous horse experience is necessary. Please note, you are required to wear closed toe shoes for these sessions.

Group Equine Assisted Learning

approx. 180min \$190

In this practical and hands on session working with one of our horses, you will learn more about your communication style and how effectively you set healthy boundaries in your life. Our equine assisted learning specialist will guide you through some of the simple elements of natural horsemanship (horse whispering) giving you a greater understanding of the importance of non-verbal communication and emotional intelligence. By participating in this session, you will begin to recognise areas in your life that may need to be brought into balance. An exceptional session to improve communication and leadership skills, learn how to say 'no' effectively and build confidence and self-esteem. Please note, these sessions are run in the morning affecting your participation in activities.

Equine Assisted Therapy

50min \$240 80min \$360

You will be working with one or more of our horses to assist you to explore and gain insight into patterns and behaviours that may be running without your conscious awareness. Your practitioner will guide you through several different approaches with the horse and discuss what comes up in the moment. This is a unique session of self-discovery and self-awareness. It is about you becoming more conscious of beliefs and patterns that may no longer serve you well.

Equine Assisted Meditation

50min \$240

Horses have assisted human development for thousands of years and continue to do so today by teaching us how to be present in each moment. As a flight animal, their very survival depends upon this awareness and inner intuition. By observing and working with their intuitive intelligence, we can connect with our own. This unique way to meditate assists us to find the stillness and quiet within, to begin noticing our reactive selves and connect more effectively with our responsive selves. Under the guidance and supervision of your practitioner, you will work one-on-one with these magnificent creatures to find your own inner peace.

Equine Assisted Journey

\$240 per hour

A very special way to explore your beliefs using The Journey. Combining the inner intelligence of horses with The Journey therapy, you will be guided to uncover the issues and blockages that can cause stress and anxiety in our lives. The very presence of the horse serves to support this path of inner reflection and clearing. For more information refer to The Journey.

Insightful Experiences

Soul Path Reading



50min \$155

An intuitive reading opens the way for you to receive guidance from your own soul as our psychic medium channels information about your blockages and what you need to work through in order to reach your full potential. This clear and inspirational guidance can give you understanding and help you open yourself to life experiences and lessons in times of challenge, transition and uncertainty. This is a powerful session for those who want profound insights into how they can grow into deeper awareness of self.

Tarot Card Reading



50min \$155

Tarot cards represent symbols for personal growth and self-knowledge. During this consultation, tarot cards are used as a tool to communicate with your higher self. You will intuitively choose the cards that open your awareness to your own inner wisdom so as to provide the guidance and answers you seek. This is a unique exploration into past, present and future.

Tarot and Numerology

80min \$220

Discover who you are and where your talents can take you using the wisdom of numerology to gain a deeper understanding of yourself. Tarot cards can also shed light and understanding on past events, and as a result help you to release blocks and gain clarity so as to focus on future goals and release attitudes that no longer serve you.

Astrology

110min \$310

Discover your true potential and inner drives and needs through a detailed look at your personal horoscope. By interpreting your birth chart, which is the soul's blueprint and a roadmap in this lifetime, your therapist is able to give you some direction and insight into your own unique journey of growth. With this awareness and your free will, you can navigate your life with greater acceptance and understanding of yourself supported by planetary influences that touch your journey. Please give a Dreamtime Advisor your date, time and place of birth prior to your session.

Wellness Therapies

By looking at your overall vitality, considering your cellular health along with any specific personal concerns, our experienced team of holistic natural health practitioners can help you maintain optimal health and overall wellbeing.

Express Naturopath Consultation W 30min \$100
Understand which supplements are suitable to maintain your general health and wellbeing or get clarity on a simple health issue. Ideal for those who have previously seen our team of naturopathic practitioners and simply need to follow up or as a basic introduction to our wellness therapies.

Nutrition Consultation 50min \$180
A new perspective on nutrition awaits you as you learn about optimal nutrition with our qualified practitioner. By reviewing your daily food choices, eating patterns and emotional triggers, simple and practical strategies will be offered to help you find a food philosophy that is right for you. Many issues such as skin problems, stomach bloating, digestive disorders, weight management, irritable bowel syndrome, insomnia, high cholesterol, osteoporosis, fatigue and migraines can also be addressed through good nutrition. A take home report is included.

Naturopath Consultation W 50min \$150
A consultation with one of our naturopathic practitioners will consider your current lifestyle, diet and general wellbeing. Specific issues such as digestive complaints, cravings, allergies, poor memory, low energy levels, fertility, hormonal imbalances and skin conditions can be addressed so that a lifestyle plan and naturopathic remedies can be prescribed to restore balance.

Live Blood Screen Add On - only available with 50min Naturopath Consultation 30min \$80
Your naturopathic practitioner pricks your finger to access a small sample of blood. This blood sample is observed under a microscope to reveal key indicators of your general health and wellbeing. Uncover potential nutritional deficiencies, digestive concerns and body systems that may require further support. This is a revealing and valuable screen to inform and educate.

Naturopathy and Iridology Analysis W 50min \$165
The observation of your iris reveals your inherited physical constitution and highlights areas of strength and weakness. Using the latest technology, this consultation will begin with taking a photograph of your eyes. These are analysed by your naturopathic practitioner who will give you an insight into the reading and offer you advice on any issues that may be identified. Recommendations will be made and naturopathic remedies can also be prescribed.

Naturopathy and Holistic Iridology 80min \$220
Using the same technology applied in standard Iridology, this evolved consultation is expanded to identify your emotional make up. Your eyes are the windows to your soul and therefore reveal unique personality characteristics and predispositions that can affect your wellness. Our naturopathic practitioners can then offer you guidance with how to reach balance of body, mind and soul.

Naturopathy and Bioresonance

80min \$260

Based on quantum physics technology, this scanning device will determine the stress levels of all your organs and body systems. By sending a low frequency to the biofield of the brain through specially designed headphones, it will pick up the unique frequency patterns of each body system, which vary depending on its load or stress. To support the body's capacity to heal itself, weaknesses in the organs can be corrected using frequencies stored in the computer, along with a prescription of herbs, supplements or dietary modifications. This session can be a powerful way to address many varying health concerns.

Essential Wellness Package

110min \$295

One of our trained holistic naturopaths will combine a Live Blood Analysis and Iridology for a comprehensive assessment of your health. Equipped with this information, you can then be guided towards a lifestyle that will support your path to wellness.

Colonic Hydrotherapy



50min \$165

This treatment introduces a gentle flow of water into the colon so that impacted waste matter can be released. Your therapist will ensure comfort is a priority throughout, whilst you relax and allow the gentle process of elimination to take place. This therapy is a key component in supporting the body's natural detoxification processes and provides relief from abdominal discomfort, toxic overload or constipation. For best results we recommend a Chi Nei Tsang massage prior to this session.

Why see a naturopath? Gwinganna's highly experienced naturopaths are nature and heart inspired, university trained experts. Their advice is aligned with the Gwinganna philosophy of preventative practices and they work to uncover all aspects of your health, not just treat the symptoms. They will seek out the causes of imbalance and work to bring you back to optimal wellness.

Physical Therapies and Personal Coaching

Our highly qualified team can guide, inspire and educate you in all types of functional movement. By choosing the type of training that meets the needs of your body and focuses on the goals you want to achieve, one of our movement specialists will teach and prescribe a series of exercises that are aimed at giving you a strong, fit, flexible and balanced body.

A personalised program complete with images and instructions is available for an additional \$60. Yoga and Breath Awareness sessions are also available for couples and small groups at \$80 per person.

Functional Movement for Healthy Ageing 80min \$260
Based on the CHEK (corrective holistic exercise kinesiology) model of health, this package is a scientific approach aimed at identifying and then correcting muscular and postural dysfunction. This session includes a thorough assessment, followed by an active prescription of essential stretches and specific strengthening exercises and a take home program.

Pilates Apparatus 50min \$150
With the aim of teaching you greater form and function of your body, this Pilates Reformer based session engages your mind to fine tune balance and co-ordination, enhance your strength, improve your flexibility, increase your core stability and correct postural alignment. The session will be tailored to your needs helping you move with ease and grace. It can be shared by two people, \$120 per person.

Postural Essentials 50min \$180
Mobility and balance are taken for granted as children, but as we start to experience pain and discomfort we begin to realise that these qualities require management. With our posture and natural co-ordination specialist, learn how to solve your back, neck and shoulder problems using the Alexander technique, liberating you from regular treatments and recurring pain. You will learn how to systematically remove pain from your body through self-observation and prevention, making balance and ease obtainable on a daily basis. Also conducted in small group classes, speak to a Dreamtime Advisor for more information.

Body Mind Integration 50min \$195
Neural signalling between the brain and body can be disrupted as a result of neurological, pathological, structural, hormonal and emotional imbalances. Based on the principle that the brain governs optimal function and using the latest research in neuroscience, the neurological integration system (NIS) seeks to access the brain's intelligence to treat the cause of disease. An excellent remedy for acute and chronic pain, depression, anxiety, digestion issues, headaches, neurological injuries, sleep disorders and immune system issues.

Gwinganna Body Transformation W 50min \$135
An essential during your stay is a private session with one of our movement specialists. Improve your metabolic rate and your ability to burn fat or change your muscle mass by incorporating functional training. Your movement specialist will adapt according to your specific needs and work with you towards reaching your goals. A session that will give you new ideas and techniques you can use at home.

Back and Neck Essentials W 50min \$135
Learn how to keep your back and neck strong and stable through optimal core function. Using a variety of equipment that can be adapted to meet your individual needs, your movement specialist will guide you through a series of exercises and stretches designed to combat recurring back and neck pain and address any joint limitations.

Yoga W 50min \$135
Yoga is an excellent activity to maintain strength, flexibility and function with the added benefit of relieving stress. A private session is the ideal way to gain feedback on your form and technique so that you can progress to the next level or it can help you begin your own practice at home.

Breath Awareness W 50min \$135
Switch off the stress response by learning essential breathing techniques and exercises to assist in developing a naturally deep, diaphragmatic breath. Correct breathing also assists in digestion and relaxation, along with many other physical functions. Every body needs to learn how to breathe better.

InBody Assessment W
Understand your body composition more comprehensively with this detailed analysis using bioimpedance technology. This device accurately scans muscle and fat by compartmentalising and independently scanning your body for muscular imbalances and fat distribution. Bone mass is calculated, metabolism is assessed and cellular hydration is reviewed with standards identified to give you feedback. Problematic abdominal fat is assessed and hormonal markers are identified. Take the report with you to your naturopath practitioner or personal trainer who will utilise your results to provide a more tailored approach to improving your health and wellbeing.

Please note, InBody Assessment is available on arrival for just \$45. The scan takes approximately 5 minutes and a presentation is offered before orientation to help you understand your results. To arrange an alternative time for this session, speak to a Dreamtime Advisor.

*Breathing lessons train us to completely exhale
the blockages and burdens we carry,
and to fully inhale the precious vitality of life.*