



Restore

Welcome



Gwinganna Lifestyle Retreat is a complete wellness destination designed to help you truly rest and focus on your health. Set among over 200 hectares of beautiful native bushland in Queensland, each afternoon 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

Spa and Wellness Menu

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Unique Gwinganna Experiences

Gwinganna Intuitive Massage

80min \$250

Gwinganna's new massage treatment is ideal for those who have had many spa therapies in the past and are looking for a unique combination, intuitively created for them. One of our most skilled therapists will deliver a bespoke experience that blends different massage styles in tune with what your body needs most on the day. The components of this session may include remedial, hot stone therapy, energy healing, Hawaiian bodywork, myofascial cupping and Chi Nei Tsang. Ask our spa team for more details on this unique new option.

Spirit of Sound

80min \$250

As uplifting as it is deeply calming, this award winning experience is choreographed to a bespoke selection of music featuring live drums and percussion. It uses a fusion of massage techniques, including Kahuna bodywork and heated Basalt stones. As a sensory experience for both the masculine and feminine within the human body, this treatment acts like a 'wake up' for the cells while simultaneously soothing the nervous system, leaving you with a deep sense of calm.

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 ideal for stress, adrenal exhaustion, fertility issues and insomnia.

Integrated Massage Therapy

80min \$250

This treatment 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 \$420

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 ritual 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 in transition or grief or who simply wish to experience deep healing and powerful bodywork.

Pure Tranquillity

80min \$250

A grounding and cleansing journey for the body and the busy mind to help gently release deep layers of stress, fatigue and anxiety. Using a fusion of esoteric practices and localised massage techniques, this rebalancing treatment includes a warm foot bath, energy cleansing, Indian head massage, body reading and chakra awareness. This session encourages your consciousness to reconnect to relaxation and your innate capacity for healing.

Extreme Immersion Therapy

80min \$250

Using a combination of scientifically proven methods of breathwork, cold exposure (ice bath) and mindset you will be taken on a journey to reconnect with your mind and body in the present moment. Learn how to overcome fear, push through limiting beliefs, control your stress response and strengthen your Vagus nerve. This experience will deliver enhanced health and invigorating results.

Home Grown with Shelley

80min \$140 per person

Discover home grown remedies derived from the gardens of Gwinganna to support your health and wellbeing. Our organic gardener will identify herbs that promote stress relief and improved sleep as well as demonstrate natural approaches for areas including teeth whitening and body scrubs. This valuable session will guide you in the 'how to' and help you build the confidence to use the garden as your herbal medical kit.

Organic Facials

The Essential Naturaceuticals™ Facial 50min \$120
Using ingredients sourced exclusively from nature, this relaxing treatment works to cleanse, hydrate and deeply nourish your skin leaving you refreshed, uplifted and positively glowing.

Dermal Purification Facial 80min \$190
Like a reset button for congested skin, this intensive cleansing treatment uses powerful ingredients from nature to purify your skin at its deepest layers. A gentle exfoliation to lift built up oil, dirt and pollutants from your pores. This is followed by flushing your skin with potent natural clarifying and anti-congestion ingredients to leave your skin ultra-clean, refreshed and mattified. This treatment includes a deep pore extraction if required.

Gentle Repair Facial 80min \$190
Experience deep moisturisation for extremely dry, sensitive and dehydrated skin by using nature's most soothing and calming ingredients to gently repair and restore dermal balance. Powerful Naturaceutical™ products allow your skin to naturally regenerate, heal and thrive in harmony with nature. This treatment can also help relieve inflammation, redness and irritation using gentle, plant-based formulas.

Extreme Hydration Facial 80min \$210
Powerful plant-based products are used to polish away dead cells on the skin's surface to allow deep penetration of natural, intensely moisturising and nutrient-rich ingredients. Ideal for extremely dry, dehydrated skin types, it will leave your skin, fresh and supple.

Time Capsule Facial 80min \$210
Gone are the days of anti-aging. Rather than trying to reclaim the past, this skin specialist range focuses on helping you look your best at any and every age. Powerful natural actives work to regenerate and plump your skin, encouraging collagen synthesis and cellular turnover. High quality ingredients partner with micro vibration to leave your skin smooth and bright.

Men's Essential Facial 80min \$190
Beginning with a back scrub, this facial oxygenates the skin to help purify and revitalise. Specifically designed for the male complexion to nourish and calm your skin.

Gwinganna Cryo Facelift 110min \$345
Exclusive to Gwinganna, this is a dynamic, 100% natural skin resurfacing treatment. Using potent ingredients from nature and extreme polar temperatures to achieve immediate and lasting results with zero downtime. Vigorous exfoliation and pure vitamin C naturally heat the skin to induce immediate collagen synthesis. The skin is then rapidly cooled using the award-winning Cryo Ice Cube Serum, flooding the vulnerable cells with nutrient rich ingredients known to repair, and hydrate the skin. This allows for skin cell regeneration, plumping, brightening and lifting.

Add in treatment : Scalp Hot Oil add \$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 with one of our therapies below. Please note, these are only available in conjunction with a facial or beauty treatment.

Scalp and Hair Therapy 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 applied through the hair and scalp to revitalise follicles, nourish the scalp and repair dry or damaged hair.

Soothing Foot Massage 30min \$60

Revive tired and sore feet with an aromatic hot towel compress and a gentle foot massage.

Bath Butler 30min \$60

Immerse yourself in a bath complete with 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 nail shaping 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.

Express Manicure/Pedicure 30min \$60

This express option includes filing and shaping finished with buffing the nails. Includes cuticle work and a finishing lotion to leave your hands or feet hydrated.

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 will 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.

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

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. In these specialised treatments, the traditional techniques and benefits of Ayurveda are combined with the added benefits of Aromatherapy techniques.

Rasayana Detox Body Scrub

50min \$150

This invigorating exfoliation of walnut shells buffs away dead skin cells to stimulate cell renewal. Your skin is the largest organ and has the ability to assist the body's detoxification process and this treatment also supports lymphatic flow. The uplifting aromatics of tulasi, wild turmeric and limbu will invigorate your senses and make this scrub ideal for jet lag or fatigue. Finish with a full body application of the award winning Rasayana lotion to leave your skin feeling radiant.

Himalayan Energising Body Polish

50min \$150

Feel rejuvenated as an exfoliating body polish using mineral rich, Himalayan crystal salts draws toxins and stimulates circulation. Skin will be more radiant and stress will ease along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses help nurture you throughout. This beautiful treatment finishes with a full body application of hydrating Rasayana lotion with rich ingredients to help nourish and balance the skin. Ideal to help reduce fluid retention and support lymphatic flow.

Rasayana Detox Body Wrap

80min \$210

Revitalise and purify as this active body therapy begins with an exfoliation of essential oils, including walnut shells and cinnamon, and an Indian head massage. Relax as a mineral rich clay, infused with the powerful herbs of spiked ginger lily, spirulina and green tea, envelops your body assisting with its natural detoxification process. Finish with a full body application of the award winning Rasayana lotion to leave your skin feeling radiant.

Abhyang Fusion

80min \$250 110min \$340

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 ideal for jet lag, relieving stress and fatigue, and draining the lymphatic system.

Padabhyang

80min \$250

An in-depth lower leg and foot treatment addressing the entire body by working on the various Ayurvedic marma 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 assisting your body's detoxification process and calming 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 used, including Gwinganna's signature blend, have powerful benefits for the skin.

Add On: Chakra Balancing

30min \$80

Enhance your 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. Finish with a subtle aromatic mist and powerful healing affirmations.

Massage Therapies

Gwinganna Classic Massage

50min \$110 80min \$155

This relaxing full body massage is based on techniques to gently ease surface tension and stress. Ideal for those who prefer a softer style massage to help unwind.

Deep Tissue Relaxation

50min \$160 80min \$220

A full body massage maintaining a blissful experience whilst still receiving a deeper pressure and releasing muscle tension.

Deep Tissue Remedial

50min \$160 80min \$220

Focusing on specific areas of the deeper muscular layers. Direct use of specific remedial therapy techniques alleviates muscle tightness and works at releasing the tension that may be causing pain or restriction of movement.

Hot Stones

50min \$160 80min \$220

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

80min \$220

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 immune system support, post-surgery recovery and aiding fluid retention.

Shiatsu

50min \$160 80min \$220

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 channels to promote the flow of Qi and release blockages. An excellent treatment to promote circulation and calm the nervous system.

Foot Therapy

50min \$160

A therapeutic foot massage using a variety of techniques incorporating elements of reflexology. Ideal for relief from aches and pains in feet and lower legs.

Pregnancy Massage

50min \$160 80min \$220

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

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 \$220

This fully clothed massage is performed on a futon and uses acupressure muscle compression and a supported stretching regime to stimulate your meridian 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 ideal 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. Reiki often results in feeling more light, relaxed and centred and can help with a host of issues including aiding the detoxification process, assisting with insomnia and relieving stress.

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, fertility and disrupted sleep patterns.

TCM and Acupuncture

50min \$165 80min \$240

This treatment begins with a consultation to 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 \$180

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 or a busy mind.

Chi Nei Tsang

50min \$170

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, along with 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. This session aligns the skeleton (without force or pain) to improve your posture and gait and leaves your deepest anatomy relaxed, comfortable and loose.

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 \$135

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 \$80 per person.

Personal Transformation

80min \$280

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 \$280

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, they can have serious consequences on our health in the long-term. 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

\$185 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. 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 \$210

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 experience, 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, this runs 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 help you explore and gain insight into patterns and behaviours that may be running without your conscious awareness. Your therapist 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 so you can be 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, begin noticing our reactive selves and connect more effectively with our responsive selves. Under the guidance and supervision of your therapist, you will work one-on-one with these magnificent creatures to find your own inner peace.

Equine Assisted Journey approx. 60min \$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

Tarot Card Reading

50min \$160

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 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 to focus on future goals and release attitudes that no longer serve you.

Astrology

110min \$330

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 the Spa and Wellness 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 cellular health and overall wellbeing.

Express Naturopath Consultation 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.

Functional Nutrition Consultation 50min \$220
With so much confusion about food choices today, review your eating habits with our Functional Nutritionist. Many factors influence your nutritional needs, from your heritage, digestion and stress levels to your age and general health. By understanding these along with your eating patterns and emotional triggers, explore strategies to help you find a food philosophy that is right for this time in your life. Issues such as skin problems, bloating, digestive disorders, fluid retention, weight management, irritable bowel syndrome, insomnia, high cholesterol, osteoporosis, fatigue and migraines can be addressed through altering your food choices. You will also receive a detailed nutritional plan customised for you.

Naturopath Consultation 50min \$160
A consultation with one of our naturopathic practitioners will consider your current lifestyle 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.

Naturopath and Iridology Consultation 50min \$175
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.

Naturopath and Holistic Iridology

80min \$230

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.

Naturopath and Bioresonance

80min \$290

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 \$310

One of our trained holistic naturopaths will combine a Live Blood Screen 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.

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 your needs and focuses on your goals, one of our movement specialists will teach and prescribe exercises aimed at giving you a strong, flexible and balanced body.

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 for \$120 per person.

Clinical Myotherapy 50min \$180 80min \$250

This therapy focuses on the treatment and rehabilitation of musculoskeletal pain. After a thorough physical assessment to identify potential pain sources, movement impairments and impingements, your Myotherapist will devise a tailored treatment drawing from a wide range of techniques such as Myofascial Release, Joint Mobilisation, Soft Tissue Massage, Trigger Point Therapy, Cupping and Dry Needling. A beneficial session to assist in the rehabilitation of injuries and improve posture. Ideal for anyone that has acute or chronic pain.

Back and Neck Essentials 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.

Gwinganna Body Transformation 50min \$135

Improve your metabolic rate and your ability to burn fat or change your muscle mass by incorporating functional training. Your movement specialist will adapt the session according to your specific needs and work with you towards reaching your goals, giving you new ideas and techniques to use at home. A personalised program is available for an additional \$60.

Yoga

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. This is also available for couples and small groups for \$80 per person.

Breath Awareness

50min \$135

Everybody needs to learn how to breathe better. 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. Breath Awareness is also available for couples and small groups for \$80 per person.

Assisted Stretch Session (PNF)

30min \$70 PNF (Proprioceptive Neuromuscular

Facilitation) stretching is an advanced form of flexibility training that was born in the clinical rehabilitative environment. Our trainer will work with you to gently move your body into position alternating between a static stretch-and-hold and an isometric contraction which eases the guarding nervous system. Suitable for everyone. Athletes of all levels can benefit greatly as improved ROM can help prevent injury.

InBody Assessment

\$45

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 your report to your naturopath or personal training session so the results can help provide a more tailored approach to improving your health and wellbeing.

The InBody Assessment is available on arrival. The scan takes approximately 5 minutes and a presentation is offered during your stay to help you understand your results.

How to...

Bookings

Each day at breakfast you will receive an appointment card with treatments for that day. You can make further bookings with your Spa and Wellness Advisor at breakfast and morning tea.

Cancellations

Cancellations made on the day of your scheduled treatment will regrettably incur a 100% cancellation fee. You may change or cancel treatments providing you notify a Spa Advisor by 11:30am the day prior. After this time your appointment will be confirmed for the following day.

Steam Room and Sauna

These are unisex areas so please wear a towel or swimwear. The steam room and sauna are contraindicated if you are pregnant or suffer from high blood pressure and other medical conditions.

Privacy and Communication

Our team of trained professionals will provide a safe, healing environment based on trust. We encourage you to speak with your therapist as your wellbeing is our priority, particularly if you have special needs or health conditions. Personal information shared is treated as highly confidential. Please advise your therapist if you wish to remain silent during your treatment.

Pregnancy Policy

To ensure the safety of both mother and child, we do not perform massage during the first trimester of pregnancy. More options are available from second trimester onwards, though there are some treatments that are unsuitable for the duration of pregnancy. Please ask your Spa and Wellness Advisor for more information.

Spa Etiquette

To ensure we can offer a calm and stress free environment within the retreat, we ask that you do not use any mobile devices in any guest areas including the spa and wellness areas. Please leave mobile devices in your room and speak with a quiet voice in treatment areas.

Please note, all prices are in Australian dollars inclusive of GST and are subject to change.



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