

Natural Healing Retreat

We all wish to have more control over our health. Illness disempowers us, leaving us dependant on medication, the care of others, and unable to function as we would like. If you have a chronic health problem, or don't feel 100% healthy, this retreat is your key to education and exploration of how to regain ownership of your health.

Your retreat will centre around a naturopathic consultation during which you can explore your health concerns. Nutritional and herbal therapies can be prescribed, along with lifestyle and dietary changes. Your naturopath will work together with your health and wellness advisor to recommend the best choices from our holistic bodywork sessions, emotional therapies and energy therapies, so that your retreat becomes customized to your needs.

In longer retreats activities ensure a rounded approach to managing health. These include yoga or tai chi to help you break patterns of stress and education sessions such as Lunch and Learn or an Organic Garden tour with our chef. Additional therapies such as Traditional Chinese Medicine or homeopathic consultations add further dimensions to your healing path.

The key to lasting health is taking positive steps. Each change and beneficial lifestyle habit is an investment in your future health.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Natural Healing:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 1 Holistic Bodywork Session*
- 1 Emotional Development Session**
- 2 Express Acupuncture or 2 Quantum Emotional/Physical Release Sessions

7-Night Natural Healing:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 2 Holistic Bodywork Sessions*
- 1 Emotional Development Session**
- 1 Express Acupuncture or 1 Quantum Emotional/Physical Release Session
- 1 Energy Therapy***
- 1 Private Fitness Session****

10-Night Natural Healing:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 2 Holistic Bodywork Sessions*
- 2 Emotional Development Sessions**
- 1 Express Acupuncture or 1 Quantum Emotional/Physical Release Session
- 1 Energy Therapy***
- 1 Private Fitness Session****
- 1 Naturopathic Follow-Up
- 1 Traditional Chinese Medicine or 1 Homeopathy

14-Night Natural Healing:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 2 Holistic Bodywork Sessions*
- 2 Emotional Development Sessions**
- 1 Express Acupuncture or 1 Quantum Emotional/Physical Release Session
- 2 Energy Therapies***
- 2 Private Fitness Sessions****
- 1 Naturopathic Follow-Up
- 1 Traditional Chinese Medicine or 1 Homeopathy
- 1 Spa Cuisine Lunch and Learn
- 1 Aquatic Therapy (Watsu)

* Holistic Bodywork Session – choose from:

Chi Nei Tsang, Acupressure Reflexology, Shirobhyanga, Flower Essence Body Work

** Emotional Development Session - choose from:

Quantum Emotional/Physical Release, Flower Remedies, Meditation

***Energy Therapy - choose from:

Cranio-Sacral Therapy, Reiki, Mi-en Acupressure

****Private Fitness Session - choose from:

Pranayama, Ai Chi, Tai Chi, Personal Training, Yoga

21-Night or longer retreats also available on request



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