

“Coastal Wellness Retreat”

Beach Huts Middleton



Our boutique “Me Time” package has been designed for those who desire some well-earned ‘self-focused time’ and a break from a busy life schedule where perhaps priorities are not about themselves. It is for those looking to ‘disconnect’ from the demands of technology & do as little or as much as they please.

Lots of opportunity to chat with like-minded guests and enjoy the tranquility offered by the beautiful surrounds. A combination of mindfulness practices, Pilates, massage & wholesome, healthy food prepared for you. – no thinking required.

There will be periods of personal time for walks, reading, sightseeing, chatting & relaxing – it’s your choice.

Our goal is to ensure you take away a renewed focus and a sense of wellbeing.



<p>Day One (Tuesday)</p> <p>1.00 pm - Check In</p> <p>3.00 pm - Welcome & information</p> <p>4.00 pm - Pilates session</p> <p>6.30pm - Evening Meal – Village Hall</p> <ul style="list-style-type: none"> • Prepared by Sarah - Real Food Life 	<p>Day Two (Wednesday)</p> <p>7.30 am – Pilates – Village Green</p> <p>9.00 am - Breakfast by Real Food Life</p> <p>11.00 am – Teachings</p> <ul style="list-style-type: none"> • Amanda Goodfellow <ul style="list-style-type: none"> ○ Meditation & Mindfulness session <p>12.30m - Lunch by Real Food Life</p> <p>1.00 pm - THE DAY IS YOURS!</p> <ul style="list-style-type: none"> • Time to explore, relax and/or enjoy your complimentary pre booked massage. • Dinner self-sourced on this night. Many local eateries available.
<p>Day Three (Thursday)</p> <p>7.30am - Pilates</p> <p>9.00 am - Breakfast by Real Food Life</p> <p>11.00 pm – Teachings with Fleurieu Naturopath – Niki Porter</p> <ul style="list-style-type: none"> • “Beating burnout and nourishing your energy supply”. <p>12.30 am - Cooking Class with Niki & Sarah</p> <ul style="list-style-type: none"> • Niki & Sarah from Real Food Life will lead you through the process of preparing your delicious, healthy lunch. <p>1.45 pm - THE DAY IS YOURS!</p> <ul style="list-style-type: none"> • Time to explore, relax and/or enjoy your complimentary pre booked massage <p>6.30 pm – Dinner - on site Blues Restaurant</p>	<p>Day Four (Friday)</p> <p>7.30 am - Pilates</p> <p>9.00 am - Breakfast by Real Food Life</p> <p>10.00 am – Relax, and/or enjoy your complimentary pre booked massage.</p> <p>12.00 pm - Checkout</p>

Package Inclusions:

- Private beach hut or you can choose to share to save costs
 - Beach hut configurations are attached in this package FYI
- Air Con/Heating
- Breakfast & lunch prepared daily
- Thursday night dinner Blues restaurant (on site)
- Daily Pilates
- Daily teachings
- Two relaxation treatment options of your choice
- Full use of tennis court (rackets & balls provided)/Village Green/Village Hall
- Free, unlimited WIFI



- Afternoon's at the Beach Huts "Me Time Retreat" is the time for you to kick back, relax and do as much or as little as you please.
- This would be a great time to utilise your pre-booked massage.
- This is also a great opportunity to explore the local area, visit our beautiful beaches, book a surf lesson or wander around the many galleries & boutique shops.

Meals:

- We are so fortunate to have **Sarah Burgess** on our doorstep! Sarah will be providing your delicious, healthy breakfast and lunch each day.
- Sarah is the founder of “Real Food Life” and has worked extensively within the health and hospitality industry along the east coast of Australia. After moving to our region 5 years ago, Sarah saw an opportunity to provide the locals and visitors with real, wholesome and nourishing food that is convenient and a healthy alternative to takeaways.



“I get so much joy from creating food that is nourishing and offering it to the community. It’s my service, it’s my passion, it’s now become a large part of my life! When people realise healthy is tasty, my job is done! It often leads to people connecting what they eat effects how they feel. How their energy changes and realise how enjoyable it is to share vibrant food with their families and friends. Their thriving is sparked!” Sarah Burgess



What you can expect:

BREAKFAST

A choice of: (includes fruit/veg juice)

Spelt Muffins

- pear date cinnamon
- raspberry lemon
- banana dark choc
- rhubarb and orange

Chia Pot

- Chia seeds soaked in coconut milk, fresh fruits to top (GF and vegan)

Overnight Oats

- Oats soaked in fruit juice and yoghurt with cinnamon, stewed fruits and roast almonds to top

Fresh Home grain Bakery Croissants

House made Granola

- Served with a small bottle of milk or almond milk for dairy free (GF and vegan)

Banana and Raspberry Bread with Nut Butter (GF)

Pumpkin bread with olive tapenade (GF)

LUNCH

The lunch menu will consist of locally grown produce & will be determined on vegetables & fruits in season.

Some of Sarah's specialties include (but are not limited to):

Seasonal vegetable soup bowl

- Seasonal veggie soup, using whatever the market provides, a warm bowl of goodness!

Vegetarian Frittata Slice

- Beautiful roast pumpkin frittata made using local free-range eggs & veggies.

Bliss Balls

- Hand rolled balls of bliss! Lemon, gold flax, maca, almonds, coconut oil and shredded coconut.

Raw Hazelnut Tart

- Creamy vegan dark chocolate with roasted hazelnuts. GF, DF, vegan, paleo friendly.

DINNER

Tuesday & Wednesday

- Dine at your leisure – take the opportunity to experience one of the many great eateries within our region or make full use of the village hall kitchen & BBQ's to prepare your own in-house meal.

Thursday

Dinner at our on-site Blues Restaurant is included in your 'Me Time' package.

Blues is renowned for its fine dining, friendly atmosphere and stunning surrounds.

A set menu will be provided as per example below. Blues are in the process of designing a new menu, details will be provided asap:

ENTREE:

- Adelaide Hills Bremer Café dips with toasted ciabatta or
- Blues dukkha with local olive oil, aged balsamic, olives and warmed cloud rolls

MAIN:

Pan seared chicken breast

- With baked polenta, smoked eggplant puree, sautéed green beans, garden flowers finished with harissa and a drizzle of Fleurieu Peninsula olive oil

Slow cooked pulled beef,

- With garlic, chilli, heirloom tomatoes, fresh basil and parsley in a creamy roasted jus tossed through local linguini topped w pecorino

Ricotta and herb gnocchi

- With roasted carrot, sous vide leek, roasted beetroot finished with crispy kale and romesco sauce

Ora king salmon

- With purple potato puree, candy beetroot, baby herbs, rice crackling finished with horseradish cream and Fleurieu Peninsula olive oil

Onkaparinga venison fillet

- With grilled prawns, roasted sweet potato, roasted pear, tomato fondue skins, nasturtium drizzled with pepper berry and port jus

DESSERT:

- **Double-bake chocolate souffle** - double cream, whiskey chocolate sauce
- **Raspberry and mascarpone cheesecake** - short bread crumb, white chocolate and vanilla Ganesh

All dietary requirements catered for – prior request preferred.

RELAX – IT IS ALL ABOUT YOU

Your package includes two wellness treatments of your choice from our amazing wellness providers. You will be asked to select and provide your two preferred options prior to arrival.

NUTRITION

1:1 Consultation with Niki Porter, Naturopath

- Naturopaths look beyond the symptoms to identify and treat the underlying cause using the most natural, least invasive and non-toxic forms of therapy. Treatments are not limited to, but can include:
 - Holistic health assessments
 - Nutritional counselling
 - Detoxification
 - Weight loss programs
 - Food intolerance
 - Functional pathology

Niki graduated with a Bachelor of Health Science majoring in Naturopathy and is a member of the National Register Accredited Natural Therapists.



Niki is a passionate and caring Naturopathic Practitioner who practices professionally using evidence-informed methods. She has a keen interest in hormonal imbalances, gut health and adrenal fatigue. She is committed to supporting and empowering clients to take control of their health and wellbeing and improve their quality of life.

MEDITATION

1:1 Meditation with Amanda Goodfellow (45mins)

- *“Anyone can learn to meditate – you just have to know how to start. Or maybe you already know how but need some guidance with your practice. Either way, a personal consultation might be just what you need to point you in the right direction”*

Amanda is the Director of Agile Mind Meditation based in Adelaide.

Agile Mind Meditation is about helping people become more effective humans. Through meditation, we can learn to connect with calm and see things more clearly. We can learn to live with strong emotions, manage stress and essentially be more content with our lives. We spend so much time in our heads thinking, analysing & planning. Whilst this is a great and an essential part of life, for many of us, this time in our heads also includes much worrying & stressing about past or future events. Meditation can help us recognise when we are getting caught up in imaginary drama and come back to a state of balance. Who wouldn't want that?

Agile Mind delivers workshops and classes for corporate groups and individuals to help them connect with calm through mindfulness and meditation. Our workplace sessions are practical, simple and effective in improving performance and wellbeing of people at work & at home.



Amanda will also be running a group information & meditation session as part of your package on Thursday morning.

MASSAGE

Massage with Emily Standley (45 mins)

- Vitaflex Technique (45 mins)
 - Vitaflex is “Vitality through the reflexes”. Enjoy this deeply relaxing technique from knees to your feet, using reflex points to energise & stimulate the entire organ system of the body. With the application of essential oil included, offering a heightened sense of relaxation.
- Deep Relaxation Massage – Full Body (45 mins)
 - Feel stress melt away with this nurturing massage designed to induce full body relaxation. Calm a busy mind, relieve tense muscles and leave feeling recharged and empowered.
- Raindrop Technique – (45 mins)
 - A unique practice based on methods that have been used for centuries to rejuvenate the body and mind. Imagine the sensation of sinking into a deep & blissful state of rest, as you receive the ancient Tibetan version of reflexology on your feet. As you slowly come back to your body and roll over, you experience the gentle splashes of essential oils applied to your spine and tired muscles. The oils are feathered in using a spine-tingling combination of massage techniques. This sensational experience promotes profound relaxation and balance.

Emily is a mum of two boys and founder of “Raindrop on 26”. Emily has studied consistently over the past 5 years to achieve the following qualifications:

- Certified Raindrop (Level 1 & 2)
- Vita Flex Practitioner
- Aromatherapy Practitioner
- Certified Massage & Deep Tissue Therapist
- Clinical Aromatherapist



“I used to work amongst chemicals I didn’t realise were harmful to my health and wellbeing. I completed a one-month test using only plant based, natural oils. After this 1-month test, I then went back to commercial products. I instantly had adverse reactions and decided I need to return to basics, keeping it simple. I live by the 5 rule – no more than 5 ingredients and no more than 5 minutes to make – for myself, my family & my home. The results for me have been undeniably life changing. I am always amazed with how nature can offer such positive outcomes to our health & wellbeing”

PILATES

Pilates with Sandy Merckx (45 - 60 mins)

Each morning commences with Pilates on our Village Green. Take in the tranquil surrounds and start your day with a rejuvenated body and mind.

- Pilates can help you reconnect to your body through mindful movement, focussed attention on precision and quality of each movement.
- Whilst Pilates is core focussed, it is also a whole-body workout which can improve symptoms of back pain, increase strength & improve posture.
- Pilates is taught to suit each person and exercises are continuously modified, increased etc to ensure they are appropriate for the individual. This individual attention can suit anyone from elite athletes to people with limited mobility, pregnant women and people with limited fitness levels.

Sandy completed her Pilates training through Polestar Education, an international body who deliver instructor training and certification in over 40 countries.

Sandy spent 6 years instructing within a physiotherapy clinic, delivering both rehabilitation Pilates for clients, general core strength & specific sports Pilates through group & individual sessions.

Sandy has also completed her PT & Certificate IV Allied Health training through the Australian Institute of Applied Sciences.

Sandy is the mother of two adult daughters and runs her own Pilates studio on Hindmarsh Island.

Favourite quote..... "If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation." - Robert Butler, National Institute on Aging

PACKING LIST

- Casual wear, practical, functional and comfortable
- Neat casual for Blues fine dining
- Pilates clothes
- Sunscreen/hats
- Warm clothing for night & cooler mornings
- We have laundry facilities if you need throughout your stay \$4-coin operated washer/dryer
- Hairdryers are in each room
- We also provide an eco-friendly range of shampoo/conditioner & body wash

EXTRA INFORMATION

- Prices are per person
- Guests must be 18 years or over
- Bookings require a 50% deposit at time of booking or as otherwise arranged
- Places strictly limited
- Payments are non-refundable but may be transferred within a 12-month period (fees apply)
- If you need to postpone within 14 days of attendance date - \$550 is payable per booking
- If you need to postpone 14 days or more prior to booking, \$50 fee is payable

BOOKING TREATMENTS

- Your two therapies of choice (included in this package) will be booked prior to your arrival to assist with scheduling.
- You will be provided an option of your preferred times/therapies via email
- Health questionnaires will also be forwarded/provided prior to your attendance.

PRICING

One Person Per Hut (Non-share) pp

Non-spa hut	\$1143
Spa hut	\$1275
2-bedroom hut	\$1400

Twin Share (2 per hut) pp

Non-spa hut	\$ 851
Spa hut	\$ 917
2-bedroom hut	\$ 991

NB: bookings for more than 2 people per hut can be quoted on request.

FINALLY, OUR SERVICE TO YOU

- A unique, serene setting amongst our beautiful gardens and individually designed beach huts – each having its own character.
- Wellness sessions from experienced and recommended therapists.
- Pampering – because it is all about you & your time to forget about the stress of life.
- Plenty of laughter & mindfulness education to ignite & rejuvenate your inner being.
- Daily movement & exercise if you choose.
- Nutritious breakfast & lunch provided by “Real Food Life”, designed by Sarah to delight your taste buds.
- Your choice of as little or as much involvement/participation as you feel.
- An opportunity to invest in yourself.