



# *Spa and Wellness Menu*

*Gwinganna*  
Lifestyle Retreat

# *Spa and Wellness Menu*

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Congratulations on taking some time away to focus on your health and wellness. 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.

This space in the day has been created for you to choose what you need most. Maybe it's taking a nap or a swim or some time to read a book. Maybe it's just lying on the grass, feeling the clean mountain air on your skin, watching the clouds go by and listening to the wildlife who share this land. Maybe something more creative like drawing or writing, or just enjoying the opportunity to be still and quiet. The choice is yours. The options are plentiful.

Each afternoon, you can also take advantage of the diverse and extensive array of experts and therapists who work with us to further enhance your stay. From soothing spa therapies, to wellness consultations, balanced movement programs and stress management sessions, we can help you customise your stay at Gwinganna each time you visit.

Let us advise and recommend what will support you, connecting you with professional, experienced therapists and practitioners to find ideas on how to bring holistic wellness into your life.

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

*Etty Hillesum*

# Unique Gwinganna Experiences

## Aloha Lomi Lomi Ritual



150min \$450

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.

## sqEEG Brain Mapping



80min \$320

Unlock the boundless potential of your mind with a personalised brain mapping session. Embark on a one-on-one journey where your practitioner conducts an sqEEG brain map, unveiling the unique terrain of your brain. Together, explore valuable insights for achieving mental and emotional balance. Benefit from customised strategies to optimise brain function. Your practitioner interprets the results and provides a detailed report accessible via a free app. This fascinating experience, offers profound insights into your overall well-being. Ideal for those navigating emotional stress or anxiety, seeking enhanced attention and focus, improved sleep quality, or aspiring to unlock their brain's full potential for personal and professional development.

## Restorative Lymphatics



80min \$270

Discover the numerous benefits of this restorative and harmonising therapy which offers relief from all inflammatory conditions such as bursitis, tendonitis, migraines and sinusitis. Utilizing the Dr Vodder Manual Lymphatic Drainage method which potentially increases lymphatic flow and drainage by up to five times faster than the body's natural rhythm. Also incorporating abdominal massage and breathe work to encourage effective breathing which balances the body by releasing tension and stress. Beneficial for conditions such as fibromyalgia and chronic fatigue, this treatment supports the body's natural detoxification process and boosts the immune system.

## Pure Tranquillity



80min \$270

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.

## Vagus Nerve Release (VNR) – Somatic healing for stress and trauma



80min \$270

This transformative journey takes a holistic approach to your wellbeing by addressing stress, trauma and nervous system imbalances. VNR seamlessly blends energy healing, grounding tools, abdominal massage, aromatherapy, intuitive healing and conscious breath to support somatic vagal release. As your Practitioner's techniques follow the Vagus nerve pathway, the treatment gently facilitates release, fostering a renewed sense of safety within your system. Your Practitioner also taps into your body's innate wisdom, connecting with messages from your organs and nervous system and sharing these insights towards the session's end is an integral part of the experience. Specifically crafted for those dealing with trapped emotions, nervous system imbalances, sluggish digestion and reproductive health concerns, the effects unfold as equilibrium is restored.

### Integrated Massage Therapy



80min \$270

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.

### Sacred Feminine Ritual



110min \$385

A deeply healing experience for women of all ages designed to awaken your life force energy, connect you to your body, it's deepest intuition, and the sacredness within. Bodywork focuses around the abdominal, lower back, and sacral/coccyx area to promote optimum health by releasing physical and emotional congestion. This treatment blends several healing arts including Chi Nei Tsang abdominal massage, Hawaiian lomi lomi, womb massage, guided somatic journeying and energy healing. Supportive for a healthy menstrual cycle, aiding digestion and enhancing harmony in the mind, body, soul and spirit. Deeply relaxing and restorative for women of all ages, it can be powerful in times of life such as conception, postpartum, miscarriage, menopause, and helpful in healing trauma and stored emotions. This treatment is known as "Womb Hara Massage" from The Institute of Feminine Arts. Please note limited availability on this treatment.

### Spirit of Sound



80min \$270

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.

### Posture in Motion



50min \$180

Through a comprehensive postural and alignment assessment, your Exercise Physiologist with over 20 years of experience will determine the root cause of your pain, muscle tightness, or chronic injury, then gently guide you through specific exercises designed to greatly improve your posture, mobility and function, while relieving muscle and joint pain. This expert coaching can assist with problems such as sciatica, acute and chronic lower back and neck pain, pelvic twist and instability, sacroiliac joint pain, injuries, balance problems, plantar fasciitis, pelvic floor dysfunction, tight muscles, and much more. Those suffering from insomnia, adrenal fatigue or burnout can also benefit greatly, as these exercises cultivate energy (chi) and vitality. Open to all ages and abilities.

### Wellness Lounge Relaxation Package

90min \$89

Relax and immerse yourself in a complete mind and body experience. Our range of state-of-the-art wellness pods are designed to support your recovery and relaxation, reduce stress, support better sleep, improve circulation, increase collagen production, and aid detoxification. Choose from LED light therapy, Infrared Sauna, the 02 Breathing and Meditation Chair, Recovery Massage Chair, and the highly anticipated Somadome Meditation Pod. Each modality has been allocated a set time frame in order to experience the maximum amount of benefit. This will enable you to enjoy each therapy comfortably in ninety minutes. For more information on the key benefits of each treatment included in your Relaxation session, speak to our spa team. Max 2 guests per session.



may only be available on stays of three nights or more | 6

# Metamorphosis Facials

Introducing Australia's first targeted Menopausal Skincare Range.

The Metamorphosis products used in these facial treatments are specifically formulated for skin affected by hormonal changes, using active ingredients that smooth, hydrate and plump the skin, delivering hyaluronic acid to the integral tissues while the muscular stimulation supports facial integrity.

## Metamorphosis Lift

80min \$330

Indulge in the opulent Metamorphosis Lift experience and unlock the transformative potential of fascia release and lymphatic drainage techniques. This exquisite ritual is curated to melt away facial tension and ignite a radiant surge of collagen production. Through gentle stretches and expert compressions, we enhance blood circulation and elevate cellular vitality, resulting in a remarkable enhancement of skin's luminosity and suppleness.

## Intra oral Buccal Massage (included in the Boost and Lift and Sculpt)

Experience the transformative power of deep dermal Buccal massage, a key to unlocking the aging process. Beneath the skin's surface lies the fascia, a delicate connective tissue that envelops and supports our essential organs, blood vessels, bones, nerve fibres, and muscles. When this fascia becomes restricted, it can keep deeper facial wrinkles 'locked in' until released.

## Metamorphosis Lift and Sculpt Ritual

110min \$440

Elevating the art of rejuvenation, our Lift and Sculpt Ritual experience goes beyond boundaries. This luxurious extension of the Metamorphosis Lift is enriched with the therapeutic benefits of intra-oral Buccal techniques. Coupled with a profoundly revitalizing facial massage and the application of cutting-edge nutraceuticals, it brings forth a symphony of lifting, sculpting, and brightening effects, leaving your skin aglow with newfound vitality and splendour.

## Metamorphosis Boost

Add-On 30min \$120

Introducing our cutting-edge facial massage, meticulously crafted to target fascial release, enhance lymph and blood circulation, and address the effects of repetitive facial motions, surgical interventions and scarring. The intra oral Buccal massage is expertly designed to activate skin fibroblasts, triggering collagen production and bolstering elasticity. As circulation and detoxification processes take place, the fascia gradually releases its grip, resulting in noticeable improvements in fine lines, deep wrinkles, collagen synthesis for added plumpness, and an overall revitalized complexion. Experience the transformative benefits of this innovative treatment. The 30min Boost may be added on to any of our Vanessa Megan facials and is suitable for all ages.

# Organic Facials

- Gwinganna Cryo Facelift** 110min \$370  
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.
- 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 \$220  
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 lifts 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 \$220  
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 Naturaceuticals™ 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 \$230  
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 \$230  
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 \$215  
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.
- Add in treatment : Scalp Hot Oil** add \$25  
Whilst enjoying the scalp massage included in any facial, we add a warm, nutritious serum to your scalp and hair to stimulate hair growth and regeneration.

## And 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 \$70

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 \$70

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

Bath Butler 30min \$70

Immerse yourself in a bath complete with salts, essential oils, herbs and flowers freshly harvested from the garden.

## Hand and Foot Therapies

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

Manicure 50min \$120

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 \$120

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

Deluxe Pedicure 80min \$160

This foot treatment 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.



# 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 \$170

This invigorating body exfoliation pairs walnut shell and cinnamon to buff away dead skin cells, stimulate cell renewal and detoxification. Lymphatic flow is supported throughout the application process. Immerse yourself in the aromatic benefits of Indian Lime, Wild Turmeric and Tulasi, which synergize to uplift the senses and purify the body. Finish with an application of the award-winning Rasayana lotion, leaving your skin rejuvenated. This treatment is ideal for jetlag and fatigue.

## Himalayan Energising Body Polish

50min \$170

Nourish and replenish your skin with a blend of Juniper, Ginger, and Lemon Myrtle oils, while mineral-rich Himalayan salt exfoliates away dead cells revealing a silky-smooth complexion. Feel the calming effect of the rare Ayurveda Aromatherapy oils and salts as hot compresses comfort and nurture throughout. This beautiful treatment finishes with a full body application of Rasayana lotion to nourish and balance leaving your skin radiant. Ideal to help reduce fluid retention and supports lymphatic flow.

## Rasayana Detox Body Wrap

80min \$230

Revitalise and purify as this active body therapy begins with an exfoliation of Rasayana oils, cinnamon and walnut shell. Feel nurtured as your body is enveloped with a mineral-rich green clay, enlivening green tea, and nutrient-dense spirulina. The body is then cocooned in a soft eco-friendly cloth for added warmth to enhance the natural detoxification process. Let tension melt away with a restorative scalp massage. Conclude with the award-winning Rasayana lotion leaving you thoroughly hydrated and energised.

## Marma Point Relaxation Therapy

50min \$185

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 speciality products used, have powerful benefits for the skin.

## Marma point relaxation therapy + chakra balance add on

80min \$270

Our Marma Point Relaxation therapy plus an 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.

# Subtle Energies Signature Journeys

These special experiences have been created to address modern lifestyle concerns and are based on almost thirty years of clinical research.

Guided by Subtle Energies philosophy of 'Creating with Intent, Made to Empower', each journey has been crafted with a deliberate focus on addressing distinct concerns such as hormonal equilibrium, empowerment, adrenal fatigue, detoxification, optimizing both inner and outer radiance, and aiding to restore sleeping patterns.

## Sleep Support Journey

105min \$335

A signature crafted experience merging ancient ayurvedic wisdom with modern clinical research, tailored to ease sleeplessness. Commence with a guided meditation and gentle yogic breathwork, nurturing the vital energy within. Relax into the tranquil Blissful Marma massage, designed to restore your body's natural balance. Complementing this, the Facial Marma massage, enhanced with potent elixirs, gently stimulates the pineal gland, inducing a deep sense of calm and the Nasya (nasal oil application) a centuries-old practice renowned for its benefits of promoting restful sleep. This holistic approach reconnects you with your inner sanctuary of bliss.

## Empowering Me, A Women's Journey

140min \$445

Indulge in a nurturing celebration of your inner and outer beauty, harmonizing emotional and hormonal balance. Embark on a serene journey with a soothing meditation, followed by a whole-body massage, utilizing precious ancient active oils of empowerment and renewal, as a blend of therapeutic techniques increase your vital energy. Continue with a results-driven facial that is tailored to bring harmony and nourishment to your skin, featuring potent actives such as Mogra, Saffron and Indian Rose. Be empowered, be rejuvenated, be YOU.

## Detox Adrenal Journey

110min \$355

Experience this purification ritual, harnessing the power of nature's finest: fragrant tulasi, wild turmeric, and zesty Indian lime. These powerful ingredients work synergistically to revitalize your cells and stimulate your lymphatic system. Your journey begins with an invigorating full-body exfoliation followed by a soothing green tea detox wrap. Your journey concludes with the Subtle Energies signature massage, a fusion of techniques that is deeply restorative and energising.

# Spa for Two

Gwinganna presents the opportunity for you to reconnect with your partner, friend or family together in our Spa Sanctuary. Explore our menu of services for two to help you restore and calm the mind. Emerge feeling refreshed from a sublime spa experience.

## Bliss

110min \$330 per person

Calm your mind and surrender to this head to toe experience, beginning with a soothing back massage to ease tension, followed by our Essential Naturaceuticals™ Facial to cleanse, revive and deeply moisturise your skin. Drift off into a dream state with a soothing head massage whilst your hair and scalp are deeply nourished with a hydrating hair mask. Complete your time together with a relaxing foot massage to revive neglected feet leaving you both feeling nurtured and restored.

## Luminous

80min \$255 per person

An uplifting and re-energising treatment, this full body exfoliation uses Himalayan salt to stimulate circulation, buffing away dead skin cells to stimulate cell renewal whilst invigorating the senses. Your scrub is followed by an application of hydrating organic body lotion revealing soft glowing skin. Finish with an \*energising facial to cleanse and exfoliate, tailored to your skincare needs. You will both emerge feeling uplifted and visibly glowing from head to toe. \*The facial can be substituted for a back, neck and shoulder massage.

## Radiance

80min \$225 per person

Beginning with a therapeutic foot soak ritual and back exfoliation, followed by a relaxing facial, using ingredients sourced from nature. This treatment works to cleanse, hydrate and deeply nourish your skin, leaving you both refreshed and glowing. Complete your time together with your choice of a foot, hand or scalp massage.

## À la carte

50min \$170 per person

Create your own tailored spa experience by combining any two options of the following: energising facial, relaxing back neck and shoulder massage, soothing foot massage, invigorating back exfoliation or a dreamy hair and scalp massage. Pure bliss.

## Serenity

50min \$160 per person

One of our most popular combinations, this series of treatments has been tailored to ensure it is as uplifting as it is deeply calming. Your treatment begins by releasing tension with a soothing back, neck and shoulder massage. Your skin will then be transformed with an invigorating facial leaving you both feeling refreshed and visibly radiant.

Relaxation Massage For Two

50min \$140 80min \$180 per person

Reconnect, relax and unwind together with this full body massage, based on techniques to gently ease surface tension and stress. Ideal for those who prefer a softer style massage to unwind.

Deep Tissue Massage for Two

50min \$185 80 min \$250 per person

Unwind with this rejuvenating and therapeutic escape crafted for two. Let tension melt away as your therapist works to release muscle tension and enhance overall wellbeing through a full-body deep tissue massage.

Bath Butler For Two

30min \$70 per person

Float away and soak side by side in our beautiful sandstone baths. Magnesium salts, essential oils, flowers and herbs are freshly harvested from the garden and added to help you detox and enhance the benefits of your experience.

Please note our couples room is reserved for these shared experiences only. We are unable to cater for other selections or combinations of treatments other than those listed on the menu. Thank you for your understanding.

*The Spa for two menu can also be enjoyed  
as a Solo experience upon request*

*The greatest gift you can give yourself is  
a little bit of your own attention.*

*Anthony J. D Angelo*

# Massage Therapies

## Gwinganna Classic Massage

50min \$110 80min \$155

This softer style full body massage is based on techniques to gently ease surface tension and relax the nervous system. Ideal for those who prefer a lighter style massage to help unwind.

## Deep Tissue Relaxation

50min \$175 80min \$240

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

## Deep Tissue Remedial

50min \$175 80min \$240

A deeper therapeutic 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. Choose the 80 minute option if you have more than two areas of the body that are creating discomfort.

## Hot Stones

50min \$175 80min \$240

Smooth, heated stones are placed along key points of your body, melting away tension and promoting deep relaxation. As your therapist incorporates the stones into a soothing massage, you'll experience a profound sense of warmth and tranquillity. An ideal treatment for those who wish to ease muscle tension without requiring the depth of a remedial massage.

## Lymphatic Drainage

80min \$240

This gentle, rhythmic technique targets the lymphatic system to encourage natural drainage of the lymph nodes, promoting detoxification, reducing fluid retention and also supports the immune system.

## Shiatsu

50min \$175 80min \$240

Shiatsu, meaning 'finger pressure', is a 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 \$175

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

## Pregnancy Massage

50min \$170 80min \$235

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 Massage Therapies

## Gwinganna Intuitive Massage



80min \$270

This massage treatment is ideal for individuals with prior spa experience who are seeking a personalized combination tailored specifically to their needs. Our most experienced therapists, each with their own unique expertise, will craft a customized experience by blending various massage styles to address what your body requires most. The session may include elements such as remedial massage, hot stone therapy, energy work, Hawaiian bodywork, myofascial cupping, sound healing, or Chi Nei Tsang. Each session is a bespoke experience, thanks to the diverse skill sets of our therapists.

## MyBodyWorks



80min \$260

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.

## Ayurveda Aromatherapy Massage

50 mins \$190 80 mins \$255

Allow your senses to instinctively select the blend that your body and mind requires in the moment. Subtle Energies specialises in nutrient rich base oils created exclusively for your experience. Enhance your massage with your selected blend of Revive, Relax, Muscle Ease or our Gwinganna Signature Balancing Blend. Your therapist will customise your pressure to deliver the perfect experience.

## Hawaiian Bodywork



80min \$260

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 \$250

This fully clothed massage can be performed on a massage table or 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.



# 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 \$190 80min \$265

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 \$275

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 \$190

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 \$185

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 \$180

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.

# Insightful Experiences

## Tarot Card Reading



50min \$175

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 \$240

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 \$350

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.

## Reiki Healing

50 min \$175

Reiki is an alternative form of healing embracing a universal energy where the practitioners' hands are placed on your fully clothed body to transfer this energy through their palms to assist in rebalancing your emotional and spiritual bodies. Reiki often results in you feeling lighter, relaxed and centred. Your therapist may share with you some intuitive insights regarding your energetic field.





# 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.

## Evolutionary Psychology



50min \$280

Our holistic registered Psychologist has over 25 year's experience working with a mind, body, spirit approach to help people reach emotional and psychological wellness. In this transformative session, learn how to identify thought and emotional patterns that are reinforcing limiting beliefs and behaviours. Take away a new perspective on yourself and the potential your life holds. Gain the tools required to continue your wellness evolution. This session is suitable for anyone who needs support or guidance on any issue or challenging life experience.

## The Journey

\$210 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 and are charged according to the duration of your session.

## Personal Transformation

80min \$300

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 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 \$300

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.

## Meditation

50min \$145 Shared session \$90pp

Discover the art of mindfulness and finding stillness within through the practice of meditation with a guided private session. Meditation can invoke a deep sense of calm and a heightened sense of awareness.

# 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 toed shoes for these sessions.

## Group Equine Assisted Learning



approx. 180min \$235

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 \$265 80min \$395

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 \$265

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



50min \$265 80min \$395

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.



# 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 \$115

Understand which supplements are suitable to maintain your general health and wellbeing or get clarity on a simple health issue. For those who have previously seen our team of naturopathic practitioners and simply need a follow up.

## Functional Nutrition Consultation



50min \$245

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 \$180

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.

## Naturopath Consultation and Live Blood Screen



80min \$265

A drop of blood is taken by a naturopath. This sample is then 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. Your practitioner will discuss with you your current lifestyle, diet and general wellbeing so that a lifestyle plan and naturopathic remedies can be prescribed to restore balance. This is a revealing and valuable screen to inform and educate.



### Naturopath and Iridology Consultation



50min \$190

The observation of your iris reveals your inherited physical constitution and highlights areas of strength and weakness. 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 Bioresonance



80min \$320

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.

### Colonic Hydrotherapy


50min \$180


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 \$280  
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 \$165 80 min Shared Session \$135pp  
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.

**Back and Neck Essentials**  50min \$150  
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 \$150  
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 \$65.



## Yoga

50min \$150 Shared session \$90pp

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



50min \$145 Shared session \$90pp

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.

## Assisted Stretch Session



30min \$75

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 range of motion 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 the 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 Bookings 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 Bookings Advisor by 11:30am the day prior. After this time your appointment will be confirmed for the following day.

## Steam Room and Sauna

These areas are unisex; kindly wear a towel or swimwear. Pregnant individuals should avoid extreme heat experiences. Those with underlying health conditions should consult a healthcare professional before using a sauna or steam room to ensure safety.

## Privacy and Communication

Our team of professionals will provide a safe 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.

## 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 Bookings Advisor for more information.

## Spa Etiquette

The spa sanctuary is a mobile-free zone. Please refrain from using mobile devices in all areas of the spa, including the change rooms. Kindly maintain a quiet voice when traversing the spa corridors. Your consideration is greatly appreciated.

## Signing for your service and optional tipping

Upon completion of your service, your signature is required. While tipping isn't a local custom, we acknowledge some guests may want to show their appreciation in this way. If you wish to do so, a voluntary tip may be added when signing for your service. Please be assured, the therapist receives the full gratuity. Alternative ways to express your appreciation: Our therapists find great fulfilment through positive reviews which you may pass on directly to our spa reception staff or via our online feedback form.

## Valuables

For your security and peace of mind, we kindly advise against bringing valuable items to the Spa, as we cannot assume responsibility for any potential loss. We appreciate your understanding and cooperation.

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