

SNUG HARBOUR TOURS

AUSTRALIA HEALTH SPAS AND WELLNESS RETREATS

You practice yoga, Pilates, or tai chi. Holistic care of your body, mind and spirit is paramount. Regular massages and health treatments are part of your wellness routine. It's only natural that you wish to enhance your vacation by including a wellness component. Australia offers a choice of top-rated spas and specialist health resorts which incorporate the naturally soothing properties of its forests and waters, providing the ultimate in rejuvenation, rest, and relaxation.

NEW SOUTH WALES



DARGAN SPRINGS MOUNTAIN LODGE & WELLNESS RETREAT, BLUE MOUNTAINS

This award-winning "tree-lodge" accommodation is surrounded by breathtaking views, fresh air, peace and tranquility. **Dargan Springs** is an ideal base from which to explore Blue Mountains' historic villages, views, gardens and galleries. Participate in a personalized wellness retreat program and go home feeling on top of the world.

Dining:

Gourmet, light, fresh, plentiful, colourful and healthy. Menus emphasize a balanced approach to healthy everyday dining.

3-Day Wellness Package includes:

2 nights accommodation

Full breakfast, lunch (or picnic basket) & 3 course evening dinner

Selection of teas and coffee; spring water 'on tap'

Use of outdoor hot spa

Priority booking for all activities & natural therapies at The Blue Mountains Wellness Retreat

Optional tai chi or morning 'wake up' bushwalk

1 massage

1 guided bush walk

Per Person Package (based on double occupancy) from: \$1,313

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QUEENSLAND



EDEN HOUSE RETREAT AND MOUNTAIN SPA, YUNGABURRA

Situated in the heart of the historic village of Yungaburra lies Eden House Retreat and Mountain Spa. Surrounded by award winning tropical gardens, luxury cottages and villas offer seclusion and tranquility yet are within walking distance of Yungaburra's many restaurants, cafes and craft shops.

Dining:

Menus feature the best range of local farmers' produce directly and include grain fed pork, grass fed beef, freshwater crayfish, free range eggs, mango, avocado, macadamia nuts, strawberries, tomatoes, and herbs. The dinner menu changes frequently to highlight seasonal produce. Food is prepared in a simple, contemporary country style

3-Day Wellness Package:

Relax, refresh and reharmonize with this total mind, body and spirit package

2 nights accommodation

Country breakfast

Deep therapeutic journey through "the Dreaming," including hand, foot and scalp treatments, warm body mud wrap, head massage, rhythmical full body massage, facial and infrared sauna and hydrobath.

A light meal from our Spa Cuisine Menu

Per Person Package (based on double occupancy) from: \$1,114

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DAINTREE ECO-LODGE AND SPA, TROPICAL NORTH QUEENSLAND

Wake to the gentle sounds of nature. Breathe in the freshest of air. Dine in the enchanting Julaymba Restaurant. Experience the taste sensations of tropics. Dine on innovative contemporary Australian cuisine with a native twist. This is an ideal tropical north Queensland haven to explore the Great Barrier Reef, Daintree Rainforest, Daintree River and Cape Tribulation while rejuvenating your spirit.

Dining:

Julaymba Restaurant overlooks a peaceful fresh water lagoon and is accessible through the lush rainforest via an elevated boardwalk. The menu has been carefully designed to balance the multicultural tastes of cosmopolitan Australia while incorporating exotic sundrenched Queensland fruits, tropical reef fish, local produce with native and Indigenous nuts, berries, flowers, leaves and seeds.

4-day Wellness Package:

The Daintree Spa is a body, mind and soul experience. Their goal is for you to depart with a lasting sense of wellbeing. Treatments are carefully designed and selected in-line with the Daintree Spa philosophy.

The Daintree Spa Nurture package includes:

3 night Standard Villa accommodation in rainforest setting

Full breakfast daily

Interpretive rainforest walk with an indigenous guide

Signature "Walbul Walbul" spa treatment (Experience the contrasting sensations, melt away with drizzling warm oil and the sprinkling of desert salt. Enjoy a soothing massage, a tingling full body exfoliation and whilst cocooned in warm mud, surrender to nourishing head treatment and the healing waters from the waterfall. This treatment is often referred to as resembling the brilliant transition of a caterpillar into a beautiful butterfly).

Relaxing full body massage

Spa gift pack

Per Person Package (based on double occupancy) from: \$2,553

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VICTORIA



MINERAL SPRINGS AT PEPPER TREE RETREAT, HEPBURN SPRINGS

Two hours from Melbourne, Mineral Springs combines modern day spa culture and ancient natural therapies. Carefully designed spaces suffuse with natural light and the soothing sound of pure water flowing over river rocks. The open-air warm and cool plunge pools, together with other signature treatments, have been especially designed to apply the healing qualities of the Spa Country's nutrient rich mineral waters.

Dining:

The innovative chefs at Deco Restaurant provide contemporary and creative cuisine in classic Art Deco surroundings. The Retreat Cafe offers outdoor dining beneath the distinctive arches or in the terraced gardens.

3-Day Wellness Package includes:

2 nights Traditional Room accommodation

3 course dinner

Full breakfast

90 minute retreat access pass to the exclusive European-style Spa House:

Your 90 minutes of bliss utilizes Hepburn's own natural mineral waters. Enjoy the elements in a tantalizing outdoor aspect, dip into the wonderfully cool Plunge Pool, then immerse yourself in either of the two Deep Hot Spas. Wander between the three different Sauna/Steam rooms before sitting back and enjoying a wonderful herbal tea in our private guest lounge or relax and recline on the sun deck.

Per Person Package (based on double occupancy) from: \$1,200

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SEBEL HERITAGE WELLNESS RETREAT, YARRA VALLEY, VICTORIA

Set in 1,000 acres of secluded landscape, Sebel Heritage Wellness Retreat is surrounded by the only private Jack Nicklaus golf course in Australia and is on the doorstep to over 80 Yarra Valley wineries. The spa offers an unsurpassed range of health, beauty and wellbeing services and recreational facilities. The multi-station gymnasium, heated indoor lap pool, steam room and purpose built day spa are designed with total health, wellbeing and relaxation in mind.

Dining:

Bella Restaurant offers fine dining in a relaxed contemporary environment. The modern menu offers fresh regional produce and world famous wines from the Yarra Valley. The Wellness Retreat's café offers light and healthy meals.

3-Day Wellness Retreat Program includes:

- 3 nights accommodation in a Deluxe Room
- Gourmet spa cuisine daily (all meals, snacks and beverages)
- Two spa treatments
- Holistic therapies
- Personal health assessment
- Nutritional advice
- Fitness, health, education and relaxation classes
- Use of Heritage Retreat facilities

Per Person Package (based on double occupancy) from: \$1,499

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SOUTH AUSTRALIA



AUTHENTICITY HEALTH & WELLNESS RETREAT, PORT ELLIOT

Located by the sea, Authenticity is an hour away from Adelaide. A maximum occupancy of 12 guests affords a serene natural environment to relax and rejuvenate. You are surrounded by colorful gardens and tall shade trees with a backdrop of rolling hills and the ocean. Built in 1864, the six-bedroom bluestone mansion, once the summer home of the Governor of South Australia, has been transformed into a magnificent Mediterranean-style manor.

Dining:

Cuisine is light and tasty with a colourful Mediterranean feel full of healthy goodness and freshness. A bountiful variety of organic and bio dynamic fruits, vegetables, grains, seeds, nuts, legumes, herbs, spices, virgin olive oils and local dairy products is featured. The cuisine has been carefully blended by the retreat's Naturopath/Chef, who uses a variety of organic fruits, vegetables, grains, seeds, nuts, legumes, herbs, spices, virgin olive oils and dairy products to create nutritional and balanced vegetarian meals for optimum health and well-being.

4-Day Wellness Package:

3 nights Garden Room accommodation
All meals – gourmet vegetarian cuisine
Relaxation massage
Choice of Naturopath health assessment, foot reflexology or personal training session
Daily yoga class
Use of spa and pool

Per Person Package (based on double occupancy) from: \$1,092

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TASMANIA



WALDHEIM ALPINE SPA AT CRADLE MOUNTAIN LODGE

Reflecting the natural purity and pristine beauty of Tasmania's wilderness, your spa experience will be enhanced by the presence of fresh mountain streams, towering forests, azure blue lakes and mountain peaks.

Dining:

Enjoy the very best of Tasmania's fresh foods at the Highland Restaurant, or in front of a roaring fire at the Tavern Bistro.

4-Day Spa Package at Waldheim Alpine Spa at Cradle Mountain Lodge includes:

3-night Cradle Mountain Lodge, Pencil Pine Cabin

Bottle of sparkling wine on arrival

Full breakfast daily

Spa consultation to determine the best treatment for you

Entry to The Sanctuary (steam room, sauna, large hot-tub, cool plunge pool & relaxation lounge)

Two spa treatments (combined up to a maximum of two hours)

Per Person Package (based on double occupancy) from: \$626

All Rates based on USD; valid 01-Apr-08 through 31-Mar-09; single rates on request

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