HALF DAY RETREAT

3.5 HOUR PACKAGE
MONDAY - FRIDAY
\$259 PER PERSON | \$478 PER COUPLE

*NOT AVAILABLE WEEKENDS, SCHOOL HOLIDAYS, OR PUBLIC HOLIDAYS.

Indulge in a rejuvenating escape designed to nurture your body, mind, and spirit. This luxurious package combines soothing treatments and serene experiences for the ultimate half-day retreat

INCLUDES

- 45-Minute Salt Therapy & Guided
 Meditation Begin your journey with a
 deeply calming session to cleanse your
 airways and quiet your mind.
- 2-hour Hot Springs Session Immerse yourself in our mineral-rich geothermal waters at the hot springs sanctuary.

 Choose between three sessions:
 - 10.00am-12.00pm
 - 1:00pm 3.00pm
 - o 3:30pm-5:30pm
- 45 -Minute Chocolate Indulgence Body Scrub Revitalize your skin with this indulgent, cocoa-infused treatment, leaving you glowing and refreshed.
- Fruit & Cheese Platter Savour a delicious assortment of fresh fruits and cheeses at Tides Café & Bar to complete your experience.

BOOK NOW PH: 03 5559 2020







