



KENT HOLIDAYS

your world starts here

Gwinganna
Lifestyle Retreat

5 NIGHT STAY - "OPTIMUM WELLBEING"

This retreat is an opportunity to cleanse your body and to empower yourself by first assessing and then discovering solutions to improve your quality of life. Using integrative health techniques, this journey is one of self-discovery and provides the unique opportunity to balance all essential areas of your lifestyle. Experience a guided approach to movement with options suitable for every 'body'. Enjoy the bliss of 4 sensational spa treatments and 4 motivational lifestyle workshops. Leave in control and inspired to continue a balanced regime at home and experience lasting rejuvenation

ROOM TYPE	FULL PACKAGE		LAND ONLY	
	SINGLE	TWIN	SINGLE	TWIN
HERITAGE	S\$3888	S\$3338	S\$3188	S\$2638
ORCHARD SUITES	S\$4178	S\$3768	S\$3478	S\$3068
ORCHARD DELUXE STUDIO	S\$4618	S\$4068	S\$3918	S\$3368

RETREAT PACKAGE INCLUDES :

- ✓ Return airfare from Singapore to Brisbane on "L" class by Etihad Airlines
- ✓ 5 nights accommodation
- ✓ Gourmet organic meals daily
- ✓ 3 classic massages
- ✓ 1 facial (50mins)
- ✓ 4 lifestyle workshops
- ✓ 1 cooking demonstration
- ✓ Health and well-being analysis
- ✓ Access to all facilities and scheduled activities
- ✓ Return airport transfers from Brisbane airport
- ✓ Gwinganna gift pack

DEPARTURE DATES

June 09	Monday 1 - Sunday 7 Optimum Wellbeing PLUS Sunday 7 - Friday 12 , Sunday 21 - Friday 26
July 09	Sunday 12 - Friday 17 , Sunday 26 - Friday 31
August 09	Sunday 2 - Friday 7 , Sunday 9 - Friday 14 Monday 17 - Sunday 23 Optimum Wellbeing PLUS
September 09	Sunday 30 Aug - Friday 4 , Friday 4 - Wednesday 9, Sunday 13 - Friday 18 Sunday 27 - Friday 2 Oct
October 09	Sunday 4 - Friday 9

All Rates Quoted Are In Singapore Dollars And Are Subject To Change Without Notice. Package Excludes Fuel Surcharge, Airport Taxes And Travel Insurance

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