

Wellness

WEEKEND IN THE HINTERLAND



A BLISSFUL WEEKEND OF PURE RELAXATION AND EDUCATION

Start a new healthy routine with the Spicers Tamarind Wellness Weekend; three days dedicated to pampering and well being with spa treatments, meditation classes and yoga sessions.



6-8 NOVEMBER 2015 | MALENY SUNSHINE COAST QLD

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Enjoy three luxurious and inspiring days immersing yourself in yoga, meditation, workshops, spa treatment, and fresh local produce whilst being surrounded by 18 acres of breathtaking beauty in the natural rainforest setting that is Spicers Tamarind Retreat. Throughout the weekend you will be taken on a journey of personal growth and education to expand your skills and abilities to live a balanced life of health and wellness.

THE WELLNESS WEEKEND PACKAGE INCLUDES:

- 2 nights luxury accommodation and breakfast
- 4 yoga/meditation classes
- Waterlily master class with Michelle, CEO of Waterlily
- Waterlily gift pack
- 90 minute spa treatment at Spa Anise Day Spa
- Dinner Friday & Saturday - 2 and 3 course
- Breakfast and Lunch both Saturday and Sunday
- Naturopathy class with blood analysis with Kerri Abbott
- Outdoor movie screening

FROM \$1300 PER PERSON, GROUP BOOKINGS WELCOME

Spa Anise
DAY SPA

Waterlily
SKIN • BODY • SPA



To book or for further information Call 1300 311 429
or email reception.tamarind@spicersretreats.com

 **SPICERS**
TAMARIND RETREAT
RELAXED LUXURY

Friday 6th November 2015

Arrive and check-in from 2pm and enjoy the property before meeting for your informative naturopathy class. Following this class you are welcomed to the award-winning restaurant The Tamarind, where our chefs will prepare a two course dinner for the group. End the evening by clearing your mind and relaxing your body through a meditation class.

Saturday 7th November 2015

Wake to the sounds of the kookaburras laughing and take a short stroll to commence your day with yoga by the picturesque Gardeners Falls. Fuel your body with a healthy breakfast before indulging in your Spa Anise treatment and a One on One naturopathy session and blood analysis with Kerri Abbot. Enjoy the setting sun as you end your afternoon with yoga before enjoying a three course dinner at The Tamarind Restaurant. To finish off a relaxing day, settle in under the stars and enjoy an outdoor movie screening.

Sunday 8th November 2015

Your third day will see you saluting the sun before your gourmet breakfast is served, followed by a Waterlily master class with the creator of this spa exclusive botanical skin care range. You will depart with a range of products and gifts, and the knowledge and awareness to live life to your greatest wellness potential.