



*Gwinganna.*  
Lifestyle Retreat



Australian owned and operated,  
Gwinganna Lifestyle Retreat opened in  
2006 and is a unique property set high  
on a plateau on 200 hectares of lush  
Queensland hinterland and rainforest.

Gwinganna, meaning 'lookout', was the name of the land used by the traditional Aboriginal people. It is here in this setting that your personal wellness journey begins.

Your experience combines organic living, spa, movement and relaxation with delicious organic cuisine and vital wellness seminars in a dedicated low tech environment.

We invite you to experience Gwinganna and its people.

*"Wellness is my passion and at Gwinganna we aim to inspire your healthiest intentions and truly make a difference to your everyday lifestyle. I extend a warm invitation to you to switch off from the world with us." Sharon Kolkka, General Manager and Wellness Director*

*"Many years ago, I discovered this special place with a serenity and soul that immediately captured my desire to live a healthier life." Tony de Leede, Owner and Founder*

# welcome

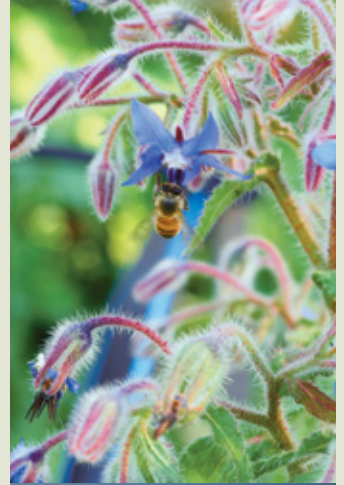
at gwinganna

Gwinganna Lifestyle Retreat stands apart as the destination to soothe your soul and inspire you to live a healthier life. In an ideal, easy to reach Queensland location. This dedicated retreat will connect you with the most experienced wellness team in Australia.

You will see though, that the benefits go far beyond the physical. Living in today's technologically advanced world creates intense pressure. This can irritate our nervous system leading to a release of stress hormones into our blood stream. Practising how to manage our nervous system can improve all health and wellness outcomes.

We believe that optimal wellbeing is achieved by paying equal attention to four major components: nourishment, functional movement, emotional wellbeing and effective management of lifestyle stress. With these as a base, our daily rituals and schedule were created to cultivate nurturing for the human body, mind and spirit. Each of these elements are important in designing the perfect environment to help your body reach the balance essential for optimum wellbeing.

A stay at Gwinganna can help you develop resilience, enhance your health and wellbeing and has the potential to transform your life.





# retreat

your experience

With an extensive range of program options available, you can choose something different each time you visit, or perhaps combine several retreats to create your own extended stay. Recognised as one of the most innovative wellness destinations in Australasia, each comprehensive program offers a focus or theme, from detox to specialty areas such as stress, sleep, mindfulness and women's health.

For those who have limited time or are new to the lifestyle retreat experience, a weekend stay is ideal with more flexibility and time to enjoy the spa and surroundings of Gwinganna.

You will find solutions on how to manage stress effectively, find greater balance in your life and how to enhance ageing with energy and vitality. Learn about organic living and its benefits and enjoy superb cuisine, diverse activities and outstanding spa and wellness therapies. Programs are constantly being developed that will help you to manage life's challenges and make powerful long term changes.

## *retreat*

Meditate, watch the sun rise and set,  
enjoy a nurturing massage, stretch both  
your body and your imagination.





# rest

spa

We understand your daily routines are often filled with commitments, deadlines and responsibilities. To help you reach optimum wellbeing, we have designed the ideal day for you on retreat. This is a morning of movement and learning, with afternoons of relaxation. Each day after lunch, we invite you to switch off and rest, helping the adrenal glands to recover. During the afternoon rest, you can choose exactly what you need. Maybe it's a spa treatment, a wellness therapy, lying by the pool, taking a nap or reading a book. The choice is yours.

## gwinganna spa sanctuary

Experience Gwinganna's custom designed 33 room Spa Sanctuary; the largest in the Southern Hemisphere. From the peaceful bushland surrounds and soaring timber design, the spa was created to care for you.

With a stunning circular design, an elevated deck, outdoor lounge, indoor Whisper Lounge and a crystal steam room, you will discover this is a truly innovative Australian spa.

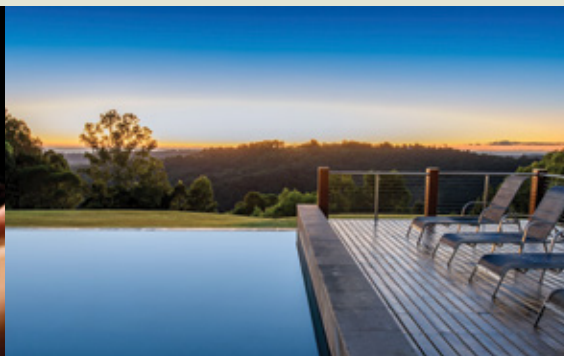
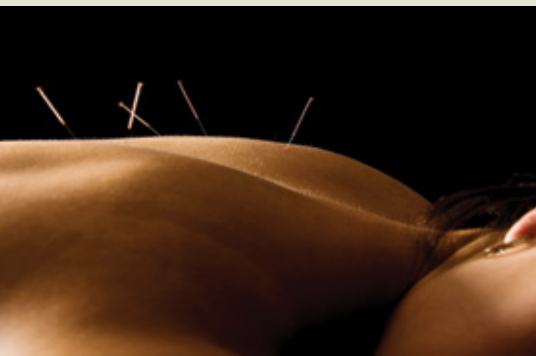
An exceptional range of therapies and treatments are available, many of which are unique to Gwinganna. The extensive menu offers body treatments and facials, specialty therapies and massages. Ask about our exclusive experiences before you arrive to choose something special.

# heal wellness

Prevention is the new paradigm in a well-managed healthcare plan. Gwinganna's wellness therapies offer specialised complementary healthcare practitioners to help you understand your current cellular health and devise a lifestyle plan for optimum wellbeing. Choose from naturopathy, live blood analysis, nutritional consultations or Traditional Chinese Medicine.

Emotional wellbeing is a vital component for living well with health and happiness. Gwinganna provides a diverse range of emotional wellbeing and stress management specialists. Depending on your needs we can offer counselling, meditation, The Journey or Equine Therapy, working with our horses.

These sessions can help improve your health, restore energy and vitality and assist in pain management.



# nourish

## organic cuisine

Gwinganna's superb organic cuisine is a delight to the senses. Fresh, local and organic, much of the produce is harvested directly from the large on site gardens. Gwinganna cuisine enjoys a clean and pure journey, from preparation to plate.

Menus vary with each program and are designed in conjunction with our nutritionist. Gluten free and dairy free, the aim is to help support and improve digestion and liver detoxification, reduce inflammation, improve gut bacteria and balance blood sugar levels. Set program menus include vegetarian and seafood dishes with chicken and red meat depending on program themes. During shorter stays, tea and coffee are offered with organic wine at dinner in recommended daily allowances.

Gwinganna's spacious dining room offers both indoor and outdoor dining in a casual relaxed atmosphere where you can enjoy meals and conversation with our team and fellow guests.







nourish

Nourish your mind with  
meditation, nourish your  
body with real food.

# sleep

## accommodation

Choose from a range of options:

### the villas

The Villas at Gwinganna offer a premium accommodation experience for your stay. Set in various locations, they offer more privacy and comfort to create the ultimate escape. They feature a deep bath, ensuite, laundry facilities and special features such as a plunge pool or steam room. Reserve your very own retreat within a retreat.

### meditation suites

Custom designed to help you focus on mindfulness, these three suites are close to the orchard and feature a private deck and day bed, spacious open plan design and plenty of natural light with enhancements for meditation and yoga.

### orchard suites

These suites are nestled into our orchard with easy access to the main facilities. Built from reclaimed timbers with soaring ceilings and spacious verandahs these rooms can be shared or enjoyed on your own. All feature air-conditioning, ceiling fans and ensuite bathrooms. Deluxe Orchard suites also feature an outdoor bath and deck.

### heritage

Our cosy Heritage accommodations are unique and have been brought to Gwinganna from various locations or built on site in the original Queenslander style. Beautifully restored, with air conditioning and fans, some feature large lounge areas and a bath.

Ask our Retreat Advisors to help you choose your room type.





# move

## activities

Movement at Gwinganna is inspired by our stunning environment and set in unique spaces, whether the activity is indoor or outdoor. Although nothing is compulsory, you will love getting involved.

Gwinganna's natural surrounds host 16 different walks, each one offering a different perspective. These paths, some gentle and others dynamic, offer beautiful views of the nearby valleys and hinterland and many showcase the magnificent Pacific Ocean.

Choose from Gwinganna's signature yin and yang options for mind and body, offering gentle restorative classes and also more intense activities to energise your spirit. A range of private training sessions are available to help achieve optimum results.

We consider the whole body's system and ensure each program offers a balance to regulate hormones. Yoga, Pilates, qi gong, stretching and meditation are popular yin options led by instructors who can help you develop skills for life balance and functional movement. Yang options include boxing, indoor cycling, pool workouts plus our hikes and walks.

# explore

## facilities

The extensive range of facilities in an environment like no other helps create a stay exactly as you need it to be. Our Wellness Education Complex is the setting for presentations on arrival day, consultations and our popular wellness seminars. These feature our in house team of presenters along with carefully selected guest speakers who are experts in their field.

The Store has a delightful variety of natural products, signature items, books, clothing and gifts for you to take home.

### dining and relaxation

Dining is a spacious central area offering indoor and outdoor options, with lounge areas to relax at any time of the day. The infinity edge relaxation swimming pool is adjoining this space, shaded by trees and close to the amphitheatre, which is used for informal presentations and musical experiences.

### activity

The stunning two level gymnasium and training centre is built from reclaimed timbers and is the centrepiece of many activity sessions. A custom designed and heated infinity edge swimming pool provides endless views, along with a sauna, indoor training studios for group activity classes and indoor cycling. Pilates training is available on the mezzanine level.

The Mind Body Pavilion, also built from reclaimed timbers, provides the perfect space for classes, from dance to meditation, while the lyengar yoga studio is close by. The labyrinth, one of only a few in Australia, is a dreamy destination to explore your intentions or special group sessions.

At the end of a challenging hike is the Yoga Deck on top of Mt Gwinganna delivering views from Moreton Bay to Coolangatta. This is an ideal platform for stretching, yoga or simply soaking up the stillness in this beautiful space.



## environment

Gwinganna has been recognised with Ecotourism certification since 2009 and is one of the only health retreats in Australia working towards best practice in sustainability. A comprehensive environmental focus is in place including efficient use of energy, water treatment and recycling, on site composting and an organic gardener on staff.

During your stay, the water you swim and bathe in is from pure clean rainwater. Active bee hives, extensive organic gardens with worm farms and chickens contribute to improving the environment and reducing our environmental impact.

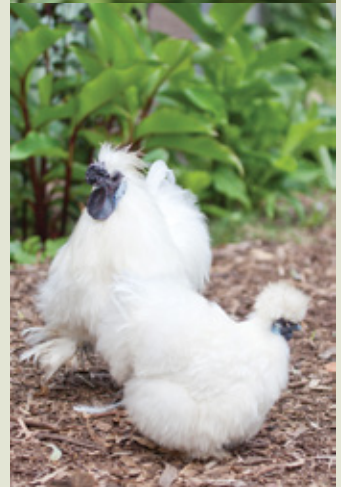
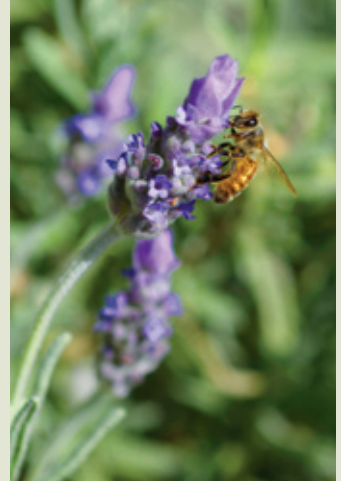
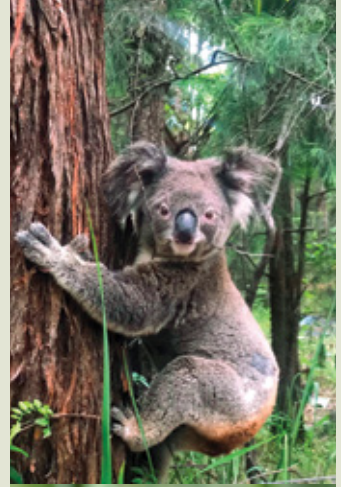
Awarded full registration with Land for Wildlife, Gwinganna works closely with conservation partnership officers and not for profit organisation, Wildcare Australia Inc, to protect and enhance wildlife habitat on the property. As a result, Gwinganna is actively involved in translocating rescued native wildlife including koalas and echidnas. We encourage you to look out for these animals during your stay.

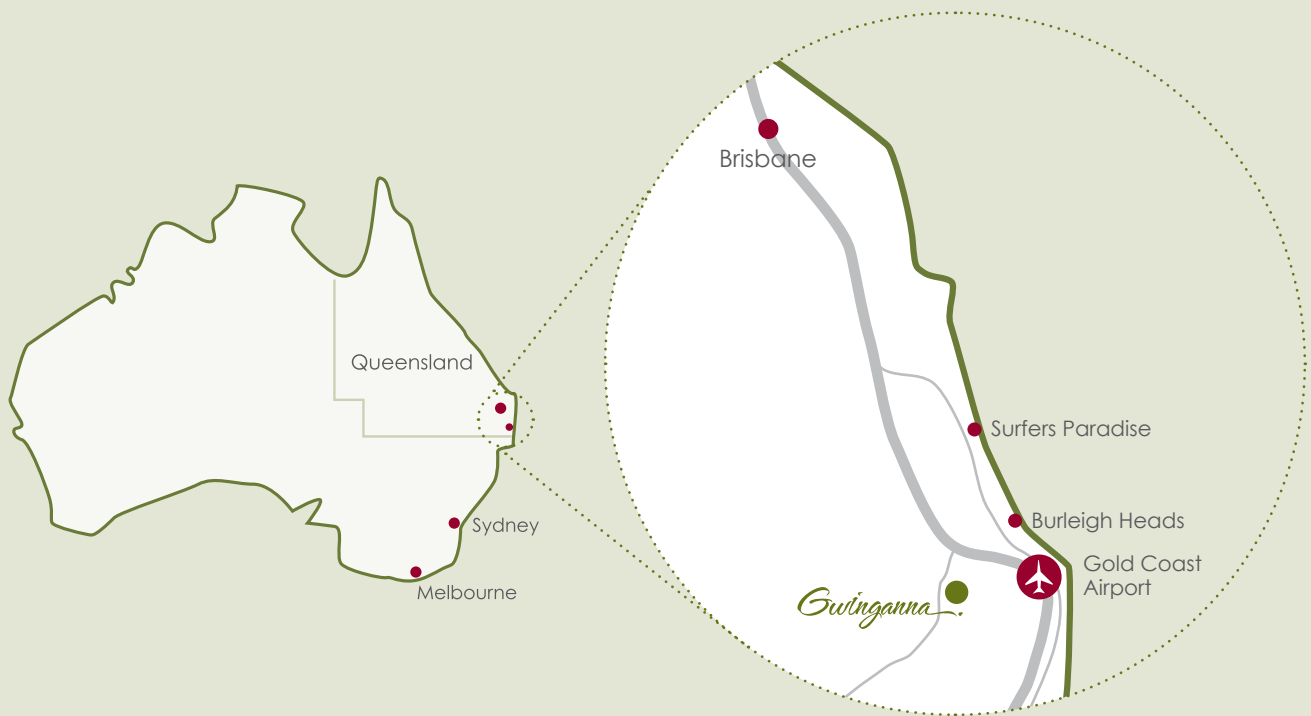
## wellness in business

No matter whether your business is large or small, Gwinganna's Corporate Wellness packages can help improve the health and wellbeing of your team, creating a flow on effect to their performance in your business. Our skill and expertise lies in helping guests realise their potential in all aspects of their life.

Corporate Wellness packages can be used as gifts, incentives, rewards, recalibrating a valued employee or for continued professional development (CPD) points. Help your team reach their greatest potential and fulfil their healthiest intentions.

Fully inclusive packages from two to seven days provide specific sessions relevant to enhancing wellbeing in the workplace. They include all organic meals, diverse movement classes, plus wellness education seminars designed to help develop skills for positive change. Ask us today.





## location

Gwinganna is easy to reach but feels a million miles away. Located on Queensland's Gold Coast, in a hidden region of the Tallebudgera Valley, it is less than 30 minutes from Gold Coast airport, around 60 minutes from Brisbane airport and just 15 minutes from Burleigh Heads beach.

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