

Nurture
EXPERIENCES

Living Valley Treatments & More

At Living Valley Health Retreat, your well-being is our top priority. We are pleased to offer a wide array of therapeutic, pampering, and beauty treatments designed to enrich your stay. Our skilled therapists are dedicated to nurturing your body, aiding in healing, and restoring your vital energy. Utilising the finest natural resources, we rejuvenate your skin, heal your body, and calm your mind.

Our Nurture Menu features a variety of experiences for you to enjoy during your visit. Indulge in massages, personal training, Pilates sessions, and much more. Our spa and beauty treatments are exceptional, using only the highest quality holistic skincare products made from natural and organic ingredients. Your program includes several treatments, with the option to book additional services, subject to availability.



Unique Living Valley Treatments

Aroma Transformation Technique

1 hour | \$275

While at Living Valley you MUST experience the incredible 'Aroma Transformation Technique' developed by our Essential Oils Queen, Giselle. This unique and powerful treatment helps to dispel anger, stabilise and release emotions linked to the past. It soothes and clears the mind, reducing stress and anxiety and promotes deep relaxation. It can help to open the subconscious mind through pineal stimulation to release deep-seated negative emotions, hurt feelings and memories, allowing one to move past emotional barriers and attain higher awareness, assisting the person to forgive and let go.

Using highly potent therapeutic grade essential oils, you will be anointed over your body's energy points, you will inhale their restorative aromas and healing hands will be laid upon you. You will enjoy a relaxing massage focusing on your head, hands and feet combined with gentle nurturing techniques. This treatment is a true sensory experience.

Detoxifying Clay Wrap

1 hour | \$155

Our staff are very passionate about the use of this ancient remedy that assists the body to eliminate toxins that are held within the cells and organs. Clay stimulates circulation, re-mineralises, rejuvenates, energises and detoxifies your skin. The wrap includes exfoliation followed by a warming cocoon of green clay. Your therapist will then have you drifting off as they cleanse, exfoliate and massage the face and head using products from our favourite ranges. Rinse the clay from your skin and see the results for yourself!

Detox Therapies

Lymphatic Drainage

1 hour | \$155

The lymphatic system is one of the major eliminating systems in the body. Lymphatic vessels run throughout the body and look much like blood vessels, although the lymphatic system does not have a pump quite like the blood. With proper breathing and exercise the lymph fluid moves throughout the body carrying toxins to special dumping stations. Most people have a clogged lymphatic system. We use the Weller method of lymphatic drainage, offering effective manipulation of the superficial lymphatic nodes and movement of lymphatic fluid throughout the body. You will find this a totally new experience and very relaxing.

Colonic Hydrotherapy

1 hour | \$165

Colonics are a safe and effective natural therapy that cleanse the colon by assisting in the elimination of excess waste and toxins, supporting the detox process and working to hydrate, nourish and heal our systems, in a gentle but effective way. The closed system device allows for gentle filling and release of filtered water that stimulates the natural action of the bowel and supports regular movements, and can assist in relieving constipation, bloating, gas and the removal of candida, parasites, and heavy metals. Our qualified therapists offer coffee implants that help cleanse the liver and promote antioxidants, naturopathic herbal blends specific to individual conditions, probiotics that balance the gut microbiome and ozone therapy to stimulate the immune system. Additional parasite protocols are available at an extra cost. As colonic hydrotherapy supports the gastrointestinal, lymphatic, nervous, microbial and emotional systems through cleansing, nourishing and hydrating, benefits may include improved digestion, better mood and focus, and enhanced energy and vitality.



Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy (HBOT) is a scientifically backed treatment used for over 80 years. It involves breathing 97% pure oxygen in a pressurized chamber, boosting the body's natural healing. HBOT increases stem cell production, supports muscle and tissue repair, and enhances Glutathione - an immune-protecting antioxidant. It also helps reduce harmful inflammation, a key factor in many chronic conditions, making HBOT a safe and modern approach to treating injury, illness, and disease.

The power of oxygen therapy has a potential to support your body through:

Immune Modulation

Time in the chamber can increase your Glutathione by approximately 15%. Glutathione is a part of your immune system that protects your cells and eliminates harmful free radicals in your blood. It also increases your body's ability to heal itself by reducing inflammation.

Pain & Inflammation

Inflammation blocks blood flow to your body's tissues, causing pain and an inability to heal. The pressurised pure oxygen binds itself to your blood's plasma and carries the oxygen into those inaccessible areas, encouraging new blood vessels to grow while eliminating the pain and inflammation.

Brain & Cognitive Function

Hyperbaric therapy has helped thousands of people increase their cognitive function. There are incredible case studies of significant improvement in brain function of people with autism and those recovering from brain damage.

Energy Boosting

Oxygen is the ultimate energy boost and can give you athlete-like stamina. Hyperbaric therapy can increase your lungs and body's capacity to take in oxygen, taking it up to 10 times more oxygen than normal conditions.

Anti-Aging

Increased oxygen through hyperbaric therapy encourages the growth of new blood vessels and helps to treat age-related diseases. Along with the increased energy it gives, the hyperbaric chamber sessions can help you both look and feel younger.

Peak Performance

Oxygen is the number one performance ingredient! It reduces muscle fatigue, discourages the build-up of lactic acid, give you better focus and memory, and boosts your energy. Hyperbaric Oxygen therapy will leave you feeling rejuvenated and at the top of your game. To make a booking, please contact the Front Reception Office.

Session Packages and Prices:

1 x Individual Session | \$150

2 x Session Package | \$240

3 or more Sessions | \$100 each



Waterlily Experiences

Rose Quartz Healing Ritual

2.5 hours | \$335

Vanilla Bean Body Wrap Ritual | Cocoa Butter Massage | Rose Quartz Spa Facial

Is a deeply nourishing full body ritual to regenerate, rejuvenate and nurture to promote youthful glowing skin. Begin with a full body vanilla bean and walnut exfoliation followed by a rich cocoa and honey vanilla crème and clay mousse body masque and a 30 minutes molten balm massage.

The skin is then treated to a luxury Performance Spa Facial targeting firmness, fine lines and skin tone with an activated smart peptide formulation blended with anti-ageing vitamins and antioxidants with hyaluronic acid in an infusion of pure rose oils, crushed quartz and crystal essences to intensify transformation at a cellular level leaving skin hydrated, plump and smooth for the ultimate dewy complexion.

Destination Destress Ritual

2.5 hours | \$335

Lime Caviar Sugar Smoothing Exfoliation | Lime Caviar Molten Butter Massage

Lime Caviar + Vitamin C Spa Facial

The luxury of lime caviar infused into a deliciously intoxicating exfoliation ritual with powerful antioxidants and skin smoothing organic cane sugar to redefine texture tone and hydration.

Follow with a 30 minutes body sculpting molten massage of liquid omega oils and crushed nut butters layered with an infusion of lime, mandarin and pure vanilla bean.

The spa journey continues with a Vitamin C Spa Facial boosted with cosmeceutical antioxidants of pure Vitamin C, ferulic acid, glysamine and anti-ageing vitamins whipped into a naturopathic elixir of lime caviar, omega serums and botanicals to visibly revitalise, firm and brighten. An opulent skin perfecting treatment to transform all skin types.

Rose Quartz Spa Facial

1 hour | \$155

Plump | Rejuvenate | Transformation

A luxurious performance spa facial targeting skin firmness, lines and wrinkles. Activated with smart peptide heptapeptide-7 laden with advanced cosmeceuticals and an anti-ageing vitamin complex in a nurturing infusion of pure rose oils, crushed quartz and crystal essences to intensify transformation at a cellular level leaving skin hydrated, plump and smooth.

Skin is infused with resveratrol and hyaluronic acid to firm and brighten and finished with a performance masque with ellagic rich strawberries and 500mg of pure Vitamin C.

Intensify your experience with 10% Niacinamide B3-Infusion | \$25





Lime Caviar + C Spa Facial

1 hour | \$165

Brighten | Firm | Refine

A redefining and revitalizing skin treatment featuring 3 clinical doses of active Vitamin C and ferulic acid with encapsulated Vitamin E drenched in exotic native botanicals of lime caviar and Kakadu plum.

Skin is deeply hydrated with lashings of hyaluronic acid while tone and texture are refined with skin brightening berries of cranberry and bilberry with licorice to target pigmentation, age spots and uneven skin tone.

The treatment is complete with an intense dose of L-ascorbic acid to deliver a complete age proofing skin solution.

Intensify your experience with 10% Niacinamide B3-Infusion | \$25

Seasonal Spa Facial

1 hour | \$165

Hydrate | Refine | Brighten

A stunning summer aperitif your skin will love! This refreshing skin spritz blends a quenching cocktail of crushed watermelon, coconut water and sauvignon blanc in B-Vitamin complex with N-acetyl glucosamine and hydrating hyaluronic acid for the ultimate summer glow.

A luxurious performance spa facial targeting pigmentation, luminosity and hydration.

Layered in a phyto infusion of watermelon, coconut water, omega rich plant oils, Vitamin B complex and vino extracts to create a botanical cocktail to revitalise summer skin, deeply hydrate while equalising oil, decongesting skin and promoting the ultimate seasonal glow. Fine lines are minimised, the complexion is revitalised and hydration is optimised. The treatment is complete with an intensive dose of 500mg of pure L-ascorbic acid to deliver a complete age proofing skin solution.

Intensify your experience with 10% Niacinamide B3-Infusion | \$25

Power Facial

30 minutes | \$115

Refining | Exfoliating | Resurfacing

A clarifying and decongesting blend of AHA and BHA refining exfoliants resurface skin while hydrating, plumping and firming skin. A power treatment to enhance the skins texture and moisture levels while targeting pigmentation, fine lines and uneven skin tone.

Intensify your experience with 10% Niacinamide B3-Infusion | \$25

Facial Enhancements

We intensify treatment results to boost visible results

Anti-Ageing Eye Treatment	\$35
Orange Crème Hair Treatment Masque	\$35
Spearmint & Gingko Foot Hydration Massage	\$35
Moroccan Rose Hand Hydration Massage	\$35
Pink Champagne Hand and Arm Exfoliation	\$35
Lime Caviar Foot and Leg Exfoliation	\$35

Body Wrap Rituals

1.5 hours | \$245

Beautiful Rituals | Intensify Results

Melt into rituals rich in vitamins and botanical nutrients designed to nourish, hydrate and revitalise for beautiful hands, feet and hair. Organic French clays, exotic fruit, herbal infusions and pure essential oils deliver a luxurious sensory experience. Enjoy as a stand-alone ritual or complement another Waterlily Spa Ritual for a complete Wellness experience.

Body Wrap Luxe Rituals

This Ritual is an indulgent spa facial for the entire body. Begin with a crème and clay exfoliation massage to smooth and remineralise skin. Follow with the ultimate French clay cocoon mousse steeped in vitamins, precious oils and exquisite botanical extracts.

Organic Honey

Pregnancy Friendly
Australian Honey | Cocoa Butter | Hazelnut | Vanilla Bean | Almond

Detoxifying Marine

Cleansing | Detoxifying
Kelp | Spirulina | Sea Minerals | Grapefruit | Cypress | Lemon | Lavender

Intense Exfoliation Rituals

1 hour | \$155

Beautiful Rituals | Intensify Results

A deeply exfoliating spa ritual to create smooth silky skin. Enjoy an intensely invigorating treatment to effectively smooth skin and stimulate circulation to gently detoxify the body.

Infused with pure essential oils and active concentrates to deliver a delicious spa ritual good enough to eat!

Pink Champagne Sugar Smoother

Shiraz Wine | Strawberry | Vanilla | Blackcurrant Bud | Grapefruit

Lime Caviar Sugar Smoother

West Indian Lime Rind | Mandarin | Sweet Orange | Apricot





Nourishing Hair Treatment

30 minutes | \$95

A pure botanical hair treatment to restore brilliance to tired dry locks. This aromatic hair masque provides intense conditioning with a blend of jojoba, apricot and hazelnut fortified with pro vitamin B5, marine collagen and French clay. Infused with a soothing head massage, this aromatic hair and scalp ritual is layered with extracts of blackberry, orange and cinnamon to increase condition and shine for lustrous healthy locks.

Botanical Barefoot Indulgence

1 hour | \$145

Deluxe Pedicure

Using the ancient techniques of massage, aromatherapy and pure botanicals this aromatic foot treatment relieves stress and tension while enhancing relaxation and general wellbeing. Feet are treated to a bathing ceremony, bamboo and pineapple exfoliation followed by a stimulating French clay masque. This decadent treatment finishes with a rich spearmint and ginkgo foot treatment. This treatment can include a basic nail polish with your choice of colour from our luxurious Bio Sculpture nail polish collection.

Upgrade to Evo Gel Nails | \$45

Moroccan Rose Hand Treatment

1 hour | \$145

Deluxe Manicure

Replenish beautiful hands and nails with an essential oil steeped hand soak followed by a raspberry crème and pink French clay smoothing exfoliation. A rejuvenating hand massage is infused with a mineral rich fruit masque. This luxurious treatment is finished with an exotic moisture boost rich in guava, Moroccan rose and vitamins. This treatment can include a basic nail polish with your choice of colour from our luxurious Bio Sculpture nail polish collection.

Upgrade to Evo Gel Nails | \$45

Aromatherapy Healing Massage

1 hour | \$155

Aromatic Essential Oils

2 hours | \$260

Harmonise your body's senses with a beautiful full body massage with aroma therapy.

Body Serums by Waterlily. Therapeutic doses of pure essential oils dispensed and layered in omega rich serums, encapsulated vitamins and molten nut butters for the ultimate luxurious botanical body ritual.

Let your senses guide you to your desired aromatherapy massage blend. Please choose from the following.

Joy

Vanilla Bean | Lime Rind | Tangerine | Frangipani | Red Mandarin | Neroli Flower

Love

Rose Petal | Sandalwood | Rosewood | Peru Balsam | Rose Geranium | Frankincense | Vanilla Bean

Peace

Bergamot | Frankincense | Neroli Flower | French Lavender | Rose Geranium | Sweet Orange

Strength

Lemongrass | Ginger | Mint | Black Pepper | Rosemary | Eucalyptus

Phyt's Organic Facials

Calming Facial Soin Capyl

1 hour | \$155

A Calming, vaso-constrictive, decongesting and strengthening treatment following the Phyt's signature sequences & focusing on fusions including such ingredients as Centella Asiatica & Cypress - both vein tonics and stimulants.

Anti-Pollution Revitalising Facial

1 hour | \$165

Rich in marine plant extracts and chlorophyll, this facial speeds up cellular renewal, oxygenates and detoxifies the skin. Oxygenation of the epidermis will be boosted with chlorophyll rich ingredients. Your skin will feel energised, revitalised with a visibly more radiant complexion. The facial begins with a gentle cleansing and exfoliation with Phyt's Anti-Pollution cleansing gel. Then the Anti-Pollution Serum is applied to the face, neck and décolletage using PHYT'S signature "Vital Energy" invigorating facial massage, designed to recharge the skin. A radiance booster serum follows to enhance the action of Anti-Pollution serum. Next, relax while Masque Anti-Pollution works its wonder. To finish, the marine plants and chlorophyll infused Anti-Pollution Cream is applied to add more oxygenation to the skin. The skin is oxygenated, energised and protected from exposure to airborne toxins. Ideal for city dwellers who feel that their skin is effected by a polluted environment and those wanting to increase their skin's resilience to pollution.

Aqua Phyt's Ultra Hydrating Facial

1 hour | \$165

With an intense infusion of plant based hyaluronic acid, your skin will appear younger and fresher. The hyaluronic acid molecule is able to hold up to 20 times its weight in water. Naturally present in tissue and declining with age, it is a 'biological sponge' for more youthful skin. The treatment includes cleansing, serum, treatment, peel off mask, massage and moisturisation.

Panacee Age Defying Facial

1.5 hours | \$325

The secret to a youthful complexion is more accessible through this specialised rejuvenating facial. Offering a unique sculpting face massage, the Dermophyt's technology delivers visible results. This is used in combination with the ground breaking Panacée cream, which contains active organic elements to combat signs of ageing and firm the skin. Intensely nourishing, the skin is regenerated and radiant. A scientifically formulated, award winning formulation of exceptional active ingredients at the forefront of bio cosmetic research. Panacée treatment works globally to rectify the visible signs of ageing and bring back a more youthful complexion. Sumptuous and impressive outcome of many years of research, this exceptional facial delivers all the benefits of complete anti-ageing power to the skin. Both professional treatment and accompanying Panacée La Creme bring the incomparable strength of the Edelweiss flower and other novel plant actives with muscle relaxing (botox-like effect), firming, tensing, and brightening properties.





Other Experiences

Mini Mani or Pedi

30 minutes | \$75

Indulge in our basic manicure or pedicure treatment to beautify your hands or feet. Enjoy a nail tidy, buff, and file, followed by your choice of colour from our luxurious Bio Sculpture nail polish collection.

Evo Gel Nails

1 hour | \$125

Indulge in our basic manicure or pedicure treatment to beautify your hands or feet. Enjoy a nail tidy, buff, and file, followed by your choice of colour from our luxurious Evo Gel Nail colour collection. Evo Gel is the only non acrylic gel system in Australia. It is an exceptionally durable gel treatment that provides a professional glossy nail covering, lasting for up to 3 weeks on fingers and 6 weeks on toes. It is a healthy nail system that will not chip or damage your natural nails. Layers of gel are applied to the natural nail and cured under a tested and certified LED lamp. The nails are instantly dry to touch once they are cured. Bio Sculpture Gel does not contain any MMA, parabens, phthalates, toluene or formaldehyde.

Beauty Waxing & Tinting

WAXING

Eyebrow Shape	\$35
Upper Lip	\$35
Upper Lip & Chin	\$45

TINTING

Eyebrow Tinting	\$35
Eyelash Tinting	\$35

Remedial Treatments

Remedial Massage

1 hour | \$165 / 1.5 hours | \$225 / 2 hours | \$270

Massage is one of the fastest ways to rejuvenate the body and revitalise energy. At Living Valley our therapists are trained in an advanced form of Remedial Massage – a deep treatment that promises to improve your circulation, create deep relaxation, loosen up tight muscles and leave you feeling renewed. Specific problems including sports injuries, frozen shoulder and chronic back pain will require individual assessment before being treated accordingly.

Deep Tissue Massage

1 hour | \$165

Deep Tissue massage offers your body similar strokes to Swedish massage but at a much slower tempo and with more pressure applied. This firm pressure is more effective in releasing tightness and tension from the deeper muscle layers of the body. Our therapist will incorporate long, deep strokes following the direction of your muscle fibres. Pressure can be applied from firm to very firm depending on your needs. This treatment can be effective if you suffer from lower back, neck or shoulder pain, headaches or if your muscles are extremely tight.

Relaxation Massage

1 hour | \$155 / 1.5 hours | \$215 / 2 hours | \$260

Experience deep full body relaxation with this beautiful treatment as your therapist uses rhythmic strokes, gentle kneading and flowing motions at your chosen pressure. This treatment is a pain free way to relax both your muscles and your mind, and recover from the stresses of everyday life. This relaxation massage will help to reduce tension and deeply calm you.

Aromatherapy Massage

1 hour | \$165

Our Living Valley Aromatherapy massage is Swedish massage combined with the beautiful aromas of therapeutic grade essential oils. Choose your favourite essential oil from our collection and lay in complete relaxation and aromatic bliss as our therapist delivers flowing massage techniques to help reduce stress, relieve anxiety, increase calmness and reduce built up tension from your body and mind.

Reflexology for Relaxation

1 hour | \$155

In this very special treatment, our Reflexology Therapist, will transport you to a world of blissful relaxation. Acupressure points in feet and hands are treated to stimulate and rebalance the organs and corresponding areas of the body. Arms & lower legs will enjoy a flowing massage too. Finishing with a divine face and scalp massage, you will leave the room clearer, deeply calmed and further supported in our detox program.





Relaxation Hot Stone Massage

1 hour | \$165

This gentle flowing massage combines smooth hot stones that will be glided over your muscles and placed on your body to melt away your tension and deeply relax you. The combination of gentle massage strokes and the hot stones will deeply warm your muscles, increasing circulation and releasing knots quicker than a regular massage. This is the ultimate deep relaxing massage and one you will definitely want again.

Kahuna Relaxation Massage

1 hour | \$165

Kahuna is a Hawaiian inspired massage style that uses bodywork to unite the mind, body and spirit. This flowing rhythmic massage primarily uses the forearms, to leave you feeling relaxed and rejuvenated. It also works to increase your endorphins delivering a positive feeling, reducing stress hormones as well as muscle tension and pain.

Spinal Flow Therapy

1 hour | \$165

This unique treatment focuses on gentle adjustments and movements aimed at restoring proper spinal function and enhancing the flow of energy throughout the body. By addressing misalignments and blockages along the spine, Spinal Flow Treatment supports improved posture, flexibility and overall vitality. Experience a sense of lightness and ease as your spine is gently realigned, allowing for greater freedom of movement and a heightened sense of wellbeing.

Head, Neck & Shoulder Massage

30 minutes | \$95

This treatment is a relaxing therapeutic massage involving the head, neck and shoulders which promotes a deep sense of tranquillity, reducing stress, anxiety, depression and insomnia, migraines, headaches, neck and back pain and promotes hair growth and memory whilst leaving you in a deep relaxed state of bliss.

NOTE: All remedial treatments are subject to availability.

Fleur De Mer Body Wraps

Body Wrap Treatments

1 hour | \$155

FIZZING COCOA WRAP - Energises and Relaxes

A fabulous chocolate sherbet wrap that truly snaps, crackles and pops! As this therapeutic treatment fizzes and heats, the cocoa delivers a wealth of zinc and magnesium to nourish the body, and create total relaxation.

This delicious body wrap also has an energising effect on the body which improves stress and well-being, as well as relieving body aches and pains.

RED GRAPE WRAP - Powerful Antioxidant to Firm, Protect & Remineralise

Red wine grapes are rich in antioxidants such as resveratrol, polyphenols, flavonoids and proanthocyanidins, which act on free radicals to protect the body and also to help prevent premature ageing.

These health benefits are well known, but did you also know that these same antioxidants have been found to increase the health of UV affected skin cells, so for those of us with sun damaged skin, this has been developed with you in mind.

Naturopathic Consultation

Our team of naturopaths investigate and ascertain the underlying reasons why you may not be enjoying optimal health. They will design a personal program for you to remove interference and establish right conditions for healing in your body. We have successfully helped people with a multitude of complaints including: addictions, allergies, arthritis, asthma, auto-immune diseases, chronic fatigue syndrome, candida albicans, constipation, depression, diabetes, hormonal dysfunction, menopause, multiple sclerosis, non-hodgkin's lymphoma, obesity, prostate hyperplasia, toxic exposure, weight loss management and much more! We have also helped many healthy people get even healthier while often finding a new direction in life.

Initial consult - 1.5 hours | \$315

Follow up consult - 1 hour | \$210

Live blood cell analysis - 20 minutes | \$95

In body composition analysis - 20 minutes | \$55

Personal Fitness

Personal Training

1 hour | \$145

Our qualified personal fitness trainer, will work in conjunction with your cleansing program and fitness level to provide you with an easy to follow personalised program to take home.

The results achieved by guests who combine physical fitness with the cleansing, detoxifying aspects of our program are always dramatic. The feedback is exceptional. The program you select will certainly change your life. However, if you can, while you are here, take advantage of this unique opportunity to adopt a personal fitness regime for life. You will not regret it.

This package includes an assessment of your current fitness status and three hour long sessions, then sends you home with an easy to follow daily exercise regimen along with photos.

Three sessions during a 7-day retreat | \$375

Four sessions during a 14-day retreat | \$480

You can also book individual sessions | \$145

Mindful Movement

1 hour | \$145

Mindful Movement is a private one hour session personalised to you, fusing gentle strengthening and lengthening exercises inspired by pilates and yoga techniques, breath awareness and mindfulness principles. The aim of this session is to improve your muscle tone, flexibility and strength; increase blood circulation; reduce stress and tension; enhance clarity, creativity, focus and intuition and boost detoxification to support a stronger immune system.

Additional sessions | \$125 each

Personal Fitness

Private Mat Pilates

1 hour | \$155

In this one hour Private Mat Pilates session we help you understand the fundamentals of Pilates before you begin studio classes, or it can be the attention you need to push your practice to the next level.

We offer a detailed gait and posture assessment, combined with a personal approach and intelligent sequencing. The session will ensure you define and achieve your health and fitness goals. An individualised home program is included.

3 x Session Package | \$400.00

Private Reformer Pilates

1 hour | \$165

Our exclusive one hour private Reformer Pilates session is designed to strengthen your whole body, from the inside out, realigning your torso and correcting your posture. It produces visible results within a few regular sessions helping to achieve toned arms and legs, defining firmer abdominal muscles, and strengthening your back.

The Reformer is versatile to accommodate a full range of motion, and provides resistance which is wonderful for increasing flexibility while also building strength.

Perfect for newcomers to exercise, pre and post-natal, pre and post-surgery, and the everyday athlete.

3 x Session Package | \$430.00

Release & Restore

1 hour | \$155

Release and Restore is a one hour private session combining dynamic and static stretching to actively open the spine and gently release fascia. This creates powerful potential for transformation and holistic healing on all layers of being- body, mind and soul. We seal the glass with a guided imagery relaxation to allow you to fully embody calm and connection to the heart-mind. This practice dissolves tension in the deeper layers of the body to bring long-lasting relief and optimum cellular health, as well as refreshes the mind to allow clarity and deeper understanding to flow.

Additional sessions | \$130 each



Psychology

Through effective Psychological Therapy, your personal happiness and contentment may become the prevailing forces in your life – for life!

Today, it is estimated that one in two people will experience mental illness at some point in their life. At Living Valley, we focus on the link between psychological, emotional and physical well-being. The longer we remain stuck in cycles of depression, anxiety and stress, our overall health begins to suffer as these often lead us into life-draining or self-destructive behaviours. It is critical to look at the control centre of it all – your mind.

So many of us live day-to-day, satisfied with merely surviving. Feeling ‘stressed’ has become an accepted or normal experience. At Living Valley, you will find answers and resolutions to many of life’s roadblocks, as we focus on finding abundant joy and contentment.

You may be eligible to receive a Medicare Rebate if you visit your GP prior to arriving at the retreat to obtain a Mental Health Care Plan (contact us for more information). A rebate may be available for those with private health insurance ‘extras’ cover.

Our aim is to provide you with continued assistance and support after you leave Living Valley.

1 session | \$240 2 sessions | \$440 3 sessions | \$585 4 sessions | \$760
(All sessions are 1 hour each)

After your program, our Psychologist may also provide ongoing support using Skype or phone consulting sessions if needed.



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