



ZEN BEACH
RETREAT

ZEN Wellness Services

100% Wellness Inspiration
100% Relaxation



ZEN Beach Retreat
Southern Great Barrier Reef

ZEN Time, Your Time

Taking some time out to rest, relax and recuperate has never been more important. With extremely hectic schedules, the idea of taking time out for rest and relaxation is no longer an indulgent luxury, it's now a critical part of your overall health and well-being.

What is your ZEN Time?

This time is YOUR ZEN time and your own personal needs are the priority. Relax by putting your toes in the sand, walking on the beach, read a book on the lazy chair facing the ocean or nourishing yourself however you prefer.

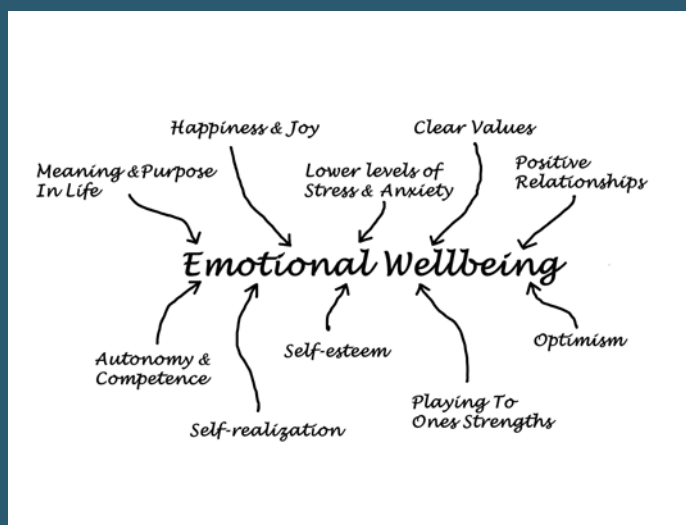
Alternatively you can access our professional team of well trained and compassionate therapists for a private session. Your ZEN Wellness Weekend Escape can also include other specific activities.



ZEN Time Wellness Services

Food for Body & Soul

- Guided Imagery
- Functional and Integrative Nutrition Coaching
- Express Manicure
- ZEN Signature Mani-Pedicure
- Make up – your inner goddess shine
- Body and Foot Massages Remedial and Transformational Massages
- Surf and SUP ZEN Classes
- SPA and Hydrotherapy
- Private Personalised Yoga Session



Emotional Wellbeing

- Guided Imagery - Yoga Nidra
- Chromotherapy
- Chinese Massage
- Transformational Kahuna Massage
- Relaxation Massage
- Health Coaching through Neuro-Linguistic session
- EFT (Emotional Freedom Technique)

Stress Resilience

- Guided Meditation or Imagery Health
- Self Empowerment Coaching
- Strengths Coaching for Health
- Nutrition Consultation
- Stress and Wellbeing Coaching
- Yoga, Breath Awareness



To enquire or book your ZEN Time activity, call 07 4154 7757

ZEN Time Wellness Services

Guided Imagery - "Mental Escape" Relaxation technique

60 minutes

Guided imagery is a form of focused relaxation that helps create harmony between the mind and body. It is a way of focusing your imagination to create calm, peaceful images in your mind, thereby providing a "mental escape."

It is a way of viewing your ideas, feelings, experiences and interpretations. Imagery can stimulate changes in bodily functions such as heart rate, blood pressure and respiratory patterns.

It can help you draw on inner strengths to find hope, courage and other qualities that can help you cope with a variety of conditions. Guided imagery can bring about the state of mind and body most conducive to healing – deep relaxation and positive focus.

Functional and Integrative Nutrition Coaching

60 minutes

If you are looking for someone to partner with, someone to guide you, assist you to navigate the multitude of food information, empowering you with nutrition and lifestyle choices that can best support your body and lifestyle needs. Book a private session with our Functional Nutritionist.

Express Manicure - Nails & Hand massage

30 minutes

Relax and enjoy some beauty time during Your ZEN Time. This basic manicure includes a hand soak, nail shaping, cuticle care, buffing, a relaxing hand massage with warm cream and a long lasting polish of your choice.

ZEN Signature Mani-Pedicure Deluxe Nails & Hand

60 minutes

With the ZEN Signature Manicure, you're guaranteed to leave here loving the look and feel of your hands, nails and feet. Our skilled aestheticians take pride in following certain steps that are designed to guarantee you will receive the perfect manicure-pedicure:

- Soothing soak treatment
- Trimming
- Buffing
- Exfoliation
- Polishing application

Day Goddess Make Up

60 minutes

If you just want to indulge in one feature during your ZEN Wellness Weekend Escape, let your eyes and your beautiful face be the focus with a specialised application. Includes an eye chart so that you can recreate your look at home.

Full Body Relaxation Massage

60 minutes

Relaxation massage is all about relaxing. It focuses on giving the client time to recover from the stresses of daily life. Professionally trained massage therapists use touch to manipulate the tissues of the body in a skilled, sensitive and compassionate way. Ideal for those who prefer a softer style massage to help unwind and when deep tissue work is not suitable.

Remedial Massage

60 minutes

Bring your body back to its best health the natural way, when you organise your next professional Therapeutic Massage at ZEN Wellness Weekend Escape

Transformational Kahuna Massage

60 minutes

Connect to the natural feminine rhythm of your whole being with this unique sensory experience. This holistic approach offers a great sense of rejuvenation and healing for body, mind and soul. Combining the sacred art of Kahuna massage with essential oils, this restorative treatment will leave you feeling nurtured and deeply relaxed.

Foot Massage / Chinese Massage

30 minutes

Stimulation of the acupuncture points and reflex zones in your foot encourages energy flow and body balance. The function of many organs is tied to reflex zones in the feet, so the practice of reflexology promotes repair in your organs.

Chromotherapy Acupuncture with Light LED pen

40 minutes

This Chromopuncture session combined techniques using the therapeutic properties of colours and acupuncture to generate physiological adjustments and maintain or re-balance your well-being. This treatment uses LED pens, no needles, just a soft light application on Chinese acupuncture points.

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Lifestyle Strengths Coaching for Well-being

60 minutes

Do you want to learn skills to build positive emotions, optimism, and resilience while decreasing unhelpful thinking, behaviours, and emotions? This 1to1 Life Style Consultation will focus on your strengths and how you can use to make massive change in your well-being

SPA Hydrotherapy Treatment

45 minutes

Experience a professional spa session with two other guests. Hydrotherapy is one of the oldest forms of medical treatment. Heat, buoyancy and water combine to treat painful conditions and different ailments

EFT - Emotional Freedom Technique

60 minutes or 90 minutes

Often referred to as "Psychological acupuncture", the method works by releasing blockages, with the use of fingertips, within the energy system which is the source of emotional intensity and discomfort.

Private Personalised Yoga Session

60 minutes

ZEN offers individual yoga classes that can be tailored to address your specific physical, mental and emotional requirements. This session can also include breathing work.



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