

## YOGA

Our yoga shala is heated to 27 degrees via infrared wellness panels that warm, relax you, and aid muscle movement for ease of flow.

### Holism Prana Flow

A medium to fast paced flow designed to awaken Prana flow and build stamina. A focus on mindful movement, alignment, energy and endurance. Suitable for everyone with all levels considered.

### Holism Restorative Slow Flow

A slow, steady paced flow with an intention to honour yourself. Expect restorative poses, long holds and deep breath work. Grounding and introspective. Suitable for everyone with all levels considered.

Classes charged individually or in bundles. Please refer to website.

## WELLNESS LIGHT LOUNGE

Treat yourself from within with our infrared LED therapy lounge. Stimulates skin healing, collagen production and skin rejuvenation. It works by targeting the skin's deep layer to improve scar healing, skin texture, radiance and ageing concerns. Come in and cleanse away the day, then recline for a 25min absolute unwind - for body and mind. Relax in our deep, lush armchairs, enjoy a boost of wellness light, find peace and comfort in the moment. *Add-on menu items available in-spa.*

Stand alone \$50

Please refer to website for bundled offers.

## SPA ETIQUETTE

Welcome to Holism Retreat. Give yourself the gift of time. Arrive early. Allow yourself to truly sink into the experience. Switch off your device. Exhale. Relax purely in the now. Truly breathe. Allow yourself to be open and present. They can wait, trust us. Relish the quiet. It will be worth it, we promise.

Our aim is to go above and beyond. We kindly ask for pre-payment for all bookings. A 50% cancellation fee applies if cancelling within 24 hours, and if you fail to attend a booked appointment, we reserve the right to charge the full amount of your booking.

Bookings, Yoga Class Schedule and Gift Cards all available online.

# HOLISM

## R E T R E A T

Restore the body. Calm the mind. Release the breath.  
Retreat with us. Your intention for the day is inner peace.  
Experience the new benchmark of luxury spa wellness.

UNIFYING BODY, MIND & BREATH



# HOLISM

RETREAT

In philosophy, holism explores the theory of interconnectedness. That each part of the whole is so intimately connected that they cannot be seen, understood or even exist outside of the whole. We then must explore the self as a whole, not simply in parts. We are, as it were, more than the sum of our parts.

At Holism Retreat we embrace this theory and offer wellness treatments that encompass the whole self – physical, mental and spiritual.

Offering holistic skincare, yoga, massage, meditation, a wellness light therapy lounge and wellness education, we believe in forming an authentic connection with our community. We want to inspire you to achieve holism, happiness and balance in your life. Most importantly, to feel good.

## RETREAT WELLNESS RITUALS

SPEND THE WHOLE DAY AT HOTEL CHADSTONE. EXPERIENCE A RADICAL ACT OF SELF-KINDNESS.

Each of these four packages includes exclusive access to the Level 12 rooftop guest pool. Altus Rooftop is also available for reservations for breakfast, lunch, dinner or drinks as part of your wellness experience (please note: food and drinks are additional).

### Feel Free Philosophy

Unwind and release tension with our 60 min guided meditation massage, followed by LED light therapy and a restorative foot treatment in our wellness light lounge.

\$275

### Reset

Switch off to create balance and inner peace with our 60 min Signature Holism Massage. Allow your skin the ultimate indulgence of a 60min Wellness Warrior Facial and Restorative Foot Treatment. The perfect reset and recharge.

*Can be modified beautifully upon booking as a perfect pregnancy package.*

\$370

### Pregnancy Retreat Package

60 min Pregnancy Signature Holism Massage, 30 min Tension Release Organic Facial and a Restorative Foot Treatment.

\$285

### Unify

A complete restorative reconnection with someone you love. Come together and enjoy a 90 min Signature Holism Massage or 90 min Signature Holism facial treatment each. Allow us to tailor a treatment to your individual needs while you reunite in a blissful experience together.

\$390 for two

### Girls Day Out

Begin with a 60min Holism Signature Massage, letting go of stress and feeling completely content in the moment. After your massage, wander through to our light lounge to meet up for LED Light Therapy and Restorative Foot Treatments. Bliss. There is always a glass of Prosecco available for you, in this package, as an option. Alternatively, let us book a table at Altus Rooftop directly after for refreshments and incredible views (additional cost).

A beautiful way to come together for a long awaited (Covid safe) shared experience with friends.

\$255 p/p

## RETREAT FACIAL RITUALS

Flawless skin is achieved by truly understanding what occurs beneath the surface. Our retreat facial rituals will help you to understand, embrace, treat, and rejuvenate your skin to your desired outcome. Be guided by your Spa Therapist as we identify and address any concerns you may have. At Holism, we offer an effective customised skin prescription and treatment plan that is results based.

### The Signature Holism Facial

Here we set the intention for enlightenment, unifying the body and breath with this soulful facial treatment. Delving far beyond beauty basics, this ritual honours your skin by blending natural, organic and deeply restoring elements with the healing power of touch for ultimate heavenly hydration.

60min \$155 | 90min \$195

### The Wellness Warrior

Transforming on every level, we revitalise to deliver both inner and outer glow. A bespoke holistic peel customised to suit your skin's individual needs. This is not a peel as you know it. With options for sensitive, pigmented, aged and congested skins. Each of our fruit acid or enzyme based peels will smooth and deliver a fresh dewy complexion. This ritual includes a de-stress scalp massage and an age defying alginate mineral mask treatment.

60min \$165 |  
with added LED wellness light \$215

### A New Beginning

Treat tired, ageing skin to a beautiful restorative ritual designed to relax the mind and revive radiance. Beginning with powerful microdermabrasion, followed by an enzyme based peel that will smooth and soften weary skin. We then indulge you with a luxurious LED wellness light to powerfully rejuvenate, finishing with an age-defying alginate mineral mask. Each treatment also includes a de-stress scalp and relaxing hand massage.

75min \$245

## RETREAT MASSAGE RITUALS

Each experience starts with a slow, guided, deep breathing practice combined with essential oil inhalation to ground, relax, and bring you into the moment.

### Our Signature Holism Massage

Unify body, mind, and breath with our Balinese inspired body massage. Combining deep relaxation and muscle tension release, the healing power of touch you will leave feeling restored, relaxed and at peace.

60min \$155 | 90min \$195

### A Mindful Meditation Massage

Melt into the moment with this meditative massage. A mindfully guided meditation played through a wireless headset, taking you gently into a state of deep relaxation. Completely give yourself over to an hour of relaxation massage throughout this meditation. With the intention of reducing anxiety and stress, let go and be present in the moment. Give yourself the gift of self-kindness.

60min \$175

### Santosha Body Treatment

Santosha signifies contentment, inner peace and joy, and in this treatment you will embody all three. Indulge in the ancient tradition of body brushing to stimulate blood circulation, detoxify and encourage lymphatic flow, delivering deep relaxation. Decompress with a luscious coconut oil back and neck massage, followed by a deeply nourishing and creamy all over body mask.

75min \$215

