

Solar Springs Pop-Up

WELLBEING MENU

HEALING

Duration Price

TRADITIONAL CHINESE MEDICINE BY ALISON HARRIMAN

Traditional Chinese Medicine is a holistic, natural health care system that stimulates the body's own healing mechanisms. Alison's treatments are based on your individual healthcare needs which may include acupuncture, cupping, moxibustion and Chinese herbal formulas, together with lifestyle and dietary advice.

Initial	\$150
85 min	
Sub	\$120
55 min	

COSMETIC ACUPUNCTURE BY ALISON HARRIMAN

Cosmetic acupuncture is a natural way of softening fine lines and wrinkles, it is a gentle non-surgical and medication-free face lift, that has up to 3 months effect. Treatments include deep wrinkle acupuncture and gua sha application using fine oils and jade to gently massage the skin to brighten complexion.

85 min	\$300
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CONNECTION

INTUITIVE ACTION ASSESSMENT BY JESSICA BANCROFT

Jess works with you to identify what's holding you back from taking empowered intuitive action in your life. Dive into self discovery with a combination of breathwork, meditation, and one on one counseling to create a deeper understanding and love of self.

55 min	\$120
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MOVEMENT

PRIVATE YOGA/ PERSONAL TRAINING BY CARMEN JEFFERY

With over 20 years experience in the Fitness Industry, teaching classes and personal training, Carmen adds many skills to our retreat offerings. Qualified in Vinyasa, Carmen has been instructing Yoga for over 5 years, teaching varying styles and using her 5 trips to Bali to enhance her offerings. With her vast experience in rehabilitation work throughout her fitness career, each private session promises to deliver important tools to continue your wellness at home. Carmen also has Pilates instruction and an Advanced Diploma in Nutritional Medicine as well as a Diploma Sports and Exercise Nutritional Advisor.

55 min	\$120
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POTTERY MASTERCLASS BY BRUCE PRYOR

Bruce offers a one on one 'Masterclass in Throwing'. This two hour session is designed to provide a detailed insight into making/'throwing' pots on the wheel. For an absolute beginner, this is an amazing opportunity to be guided personally by one of Australia's most competent Craftsmen.

120 min

\$225

NUTRITION

INTEGRATIVE HEALTH AND NUTRITION BY SIENA SCANLON

Siena will work with you to create an environment for your body to thrive. As a certified Integrative Health Practitioner, she believes in looking at the root cause of dis-ease in the body so that true, long lasting health and vitality can be achieved. Her sessions cover all aspects of the DESTRESS protocol - Diet, Exercise, Stress, Toxins, Rest, Emotional Balance, Supplements and Success Mindset. The focus of your session will be guided by your wellness profile and priorities.

60 min

\$150

WEIGHT LOSS AND DETOXIFICATION BY SIENA SCANLON

As a certified Integrative Health Practitioner, Siena will work with you to achieve lasting, sustainable weight loss and total body detoxification. By implementing a proven Functional Medicine detox protocol, you will achieve predictable results in a safe and scientifically researched way. If you are wanting to lose weight, get well and reverse the ageing process, then this is for you.

60 min

\$150

**The 7,14 or 21-day Functional Medicine detox kits are not included in the price. These are not needed to benefit from the session, however, they offer powerful results.*