



# WELLNESS MENU

## IN-HOUSE SERVICES | 60 MIN

TAI CHI	90
QI GONG	90
YOGA	120
MEDITATION	120

## IN-HOUSE BODY TREATMENTS

AYURVEDIC MASSAGE	75 MIN	120
-with organic sesame oil		
INDIAN HEAD MASSAGE	45 MIN	75
-scalp, neck & shoulders		
COUPLE'S MASSAGE	60 MIN PP	220
SHARING IS CARING	30 MIN PP	120
AROMATIC HOT TOWELS	60 MIN	120
FACIAL	60 MIN	115
HOT OIL BODY WRAP	90 MIN	175
RETREAT EXPERIENCE	120 MIN	250
-facial, massage, hot towel treatment		

## OTHER | 2HR

TREES ADVENTURE PASS	48
KIDS TREES ADVENTURE PASS	38



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## GIFTS

BIODYNAMIC SPARKLING WINE	30
CITIZEN CACAU CHOCOLATE TRUFFLES	38
MEDITA CHOCOLATE GIFT BOX	38
BOUQUET OF FLOWERS	30

## FOOD - ALL ORGANIC

EXTRA BREAKFAST BOX	40
LUNCH MEALS	20
DINNER MEALS	22
SOUP & CRUNCHY SOURDOUGH	30

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Lunch & Dinner meals provided by My goodness Organics. Must be ordered 14 days in advance of checkin.

All classes & services are subject to availability. Cancellation fees apply.

Ayurvedic & Indian head massage have limited availability. Please enquire with preferred date and time.