



# EDEN SPA MENU

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## SPA MENU

### WELCOME TO EDEN HEALTH RETREAT'S HEALING AND THERAPIES DEPARTMENT

Thank you for taking the time to peruse our range of treatments available to you during your stay at Eden Health Retreat. Each treatment and session is designed to support your enriching and transformative experience during your time here with us.

At Eden we work with a passionately dedicated team of highly qualified therapists. Each member of our healing and therapy team brings their unique skills and qualities to your session. Please see one of our Treatment Coordinators should you have any questions regarding your treatment scheduling.

The Spa Reception located in the Health and Wellbeing Centre is a space for you to arrive, relax and perhaps enjoy a cup of herbal tea before your session. Please arrive 10 minutes before the commencement of your session to allow yourself time and space to relax, be comfortable, and be ready to receive peace, tranquillity, and restoration.

#### **Our Commitment**

As a valued guest, we commit to providing you with the very best luxury service and treatment from our dedicated team of professional therapists.

We look forward to assisting you on your journey to health, wellness, and relaxation while you are here with us at Eden.



JOSHUA LANGERAK  
GENERAL MANAGER



## EDEN ESSENTIALS

### EDEN RELAXATION MASSAGE

🕒 55 MIN | \$200

A soothing relaxation massage for those needing time to rest and replenish their mind and body. Offered as a full-body treatment or tailored to suit your needs, your therapist will intuitively guide your body to release stress, calm the mind, and restore balance in a supportive and nurturing way. It is nourishing, grounding, and replenishing for body, mind and spirit.

### AROMATIC SALT GLOW

🕒 55 MIN | \$200

Feel the stress melt away as your skin is buffed with a blend of mineral salts and warm fragrant oil to remove dead skin cells and impurities.

The salts are removed with therapeutic hot towelling to reveal fresh invigorated skin, finishing with an organic full body hydration.

Aids detoxification, stimulates the lymphatic system and leaves the whole body feeling energised and radiant.

## EDEN ESSENTIALS

### EDEN REFLEXOLOGY MASSAGE

🕒 55 MIN | \$200

The Eden approach to reflexology is both therapeutic and relaxing. Using pressure point therapy and nourishing massage techniques, your feet become the doorways to your entire body. An assessment of specific reflex areas and their correlation to organ and meridian function is explored. Your therapist may advise you on areas that could deserve further inquiry. If you would like to zone out and ponder your toes (or drift off to sleep), your therapist will ask you at the beginning of your session whether you would like to turn off and relax, or receive a diagnosis throughout.

### EDEN ABDOMINAL MASSAGE

🕒 55 MIN | \$200

The Eden Abdominal Massage treatment works directly with the abdominal region to relieve physical, energetic and emotional blockages to improve wellbeing. This is a healing and nurturing therapy which has amazing benefits to the gastrointestinal and urogenital systems of the body. This treatment is excellent for those who experience bloating, require post-pregnancy restoration, have sluggish digestion and/or experience conditions relating to reproductive health. Supporting the detoxification of the entire body, the effects of this treatment can vary as your system rebalances and organ function returns.

## EDEN ESSENTIALS

### EDEN SOOTHING HEAD MASSAGE

🕒 55 MIN | \$200

Using soothing massage techniques and warm organic coconut oil, your therapist will massage your head, neck and shoulders to release physical tension and relax the nervous system. The therapist will also use pressure point therapy to calm the mind while the hair receives a nourishing hair treatment. Deep relaxation is possible and this treatment has been known to assist in the alleviation of mental stress, headaches, migraines, insomnia and the symptoms associated with a busy, tech-heavy lifestyle. You will feel replenished and more at peace within yourself. A beautiful invitation to quieten the mind and nourish the body.

### EDEN SIGNATURE FACIAL

🕒 85 MIN | \$250

This chakra-balancing facial is the ultimate treatment for reducing stress and improving your skin's health. The mind and body connect and relax, and you will be guided to choose your personal essential oil blend for the session. Feel grounded as we use the healing benefits of chakra stones, which are placed on specific energy centres of the body. You will then receive the full benefit of our organic facial, complemented by a face lifting massage. While in a deep state of rest, your feet and legs are massaged with essential oils. Lean deeper into relaxation as you are taken through a 1:1 sound immersion. This is a full sensory experience to nurture, align and renew.

## EDEN ESSENTIALS

### EDEN HOT STONE MASSAGE

🕒 85 MIN | \$275

Your therapist will gently massage your body with a combination of warm hands and heated volcanic stones that have been smoothed by the passage of time. Hot stones are placed on energy or 'chakra' points to provide deep muscular relief and rebalancing benefits. Let the earth support you in loosening tight muscles, warming your spirit, and relaxing your body.

### DEEP TISSUE MASSAGE

🕒 85 MIN | \$275

Using firm pressure and a focused approach, your therapist will work to release tension held in the body's deep structures to aid in restoring the healthy function of muscles, fascia, and connective tissues. This approach can be particularly effective where a remedial approach to injury or pain would be beneficial. If you have particular areas that need working on, your therapist will be happy to address your specific needs. This wonderful treatment supports the deep release of tension and pain and encourages relaxation.



## EDEN ESSENTIALS

### KA-HUNA BODYWORK

● 110 MIN | \$375

Ka-Huna Bodywork at Eden is a special experience. This rhythmical Hawaiian style of bodywork uses flowing hands and forearms to restore balance to the body, mind and heart. A beautiful treatment that is both therapeutic and deeply relaxing; it may also include soft and deep tissue massage, joint rotations, stretches, prayer, music and breath to reconnect, release and relax. The true power of this treatment lies in the synergy of body and spirit. A healing experience that reconnects you to the heart of your being.



## EDEN VITALITY

Welcome to our new Eden Vitality Centre, where rejuvenation meets wellness. Discover a comprehensive array of treatments meticulously designed to elevate both your physical health and mental well-being. Through a tailored blend of therapies, you will unlock your personal potential, expedite mental recuperation and achieve a deep, restorative experience, leading to restful sleep patterns.

- ✓ Stress Release
- ✓ Increase Focus and Productivity
- ✓ Reduce Blood Pressure
- ✓ Improve Heart Function
- ✓ Reduce Pain and Inflammation
- ✓ Improve Sleep
- ✓ Improve Performance
- ✓ Mental Recovery

To further elevate your experience at our Vitality Centre, consider enhancing any other session or opting for a stand-alone treatment with the **Lutronic Healite II LED Phototherapy** system. This advanced therapy harnesses the power of red and yellow light, offering a myriad of benefits that elevate overall well-being, plus aiding in recovery. It not only stimulates cellular activity, accelerating tissue and wound healing but also reduces inflammation, alleviating discomfort and supporting the body's natural healing process. Both red and yellow light therapies promote collagen production, enhancing skin texture and diminishing signs of aging. Plus, exposure to these therapeutic lights can uplift mood and energy levels, contributing to a profound sense of vitality and wellness.

30 MIN | 01 session \$90 | 02 sessions \$150



## EDEN VITALITY

### CRYOTHERAPY

01 session \$90 | 02 sessions \$150

Cryotherapy is a cutting-edge wellness treatment that offers a wide range of benefits. By reducing inflammation in the body through the stimulation of messenger signals, Cryotherapy can provide relief from pain and swelling. Additionally, it can improve circulation and boost metabolism, leading to an increase in the body's resting metabolic rate. In terms of beauty benefits, this process can stimulate collagen production, resulting in firmer, more youthful-looking skin. The cold exposure during the session can also trigger the release of feel-good hormones, such as endorphins, which can help reduce stress and improve overall mood. Overall, Cryotherapy is a versatile treatment that can enhance both your physical and mental well-being, making it a popular choice for those looking to optimise their health and appearance.

### INFRARED SAUNA

01 session \$90 | 02 sessions \$150

Indulge in the therapeutic benefits of our Infrared Sauna, designed to enhance your well-being and rejuvenate your body and mind. The deep heat of the sauna can help relax muscles and relieve tension, providing relief from pain and inflammation. It is also known to improve circulation as the heat increases blood flow throughout the body. Sweating in the sauna helps flush out toxins and impurities, supporting the detoxification process. It can induce a sense of relaxation and stress relief, calming the mind and body. Experience the healing power of our Infrared Sauna and embark on a journey to improved health and vitality.

## EDEN VITALITY

### ZEROBODY DRY FLOAT THERAPY

01 session \$90 | 02 sessions \$150

ZeroBody offers a revolutionary and patented system that enables floatation in a state of zero gravity in a soothing 400 litres of warm water. This innovative technology is proven to be incredibly effective in helping individuals reach their parasympathetic recovery state. Activation of the parasympathetic nervous system (PSNS) through the ZeroBody experience results in a range of beneficial physiological effects. These include slowing of the heart and breathing rates, reduction of blood pressure, and promotion of digestion. As a result, the body enters a deep state of relaxation and recovery. By immersing yourself in the ZeroBody experience, you can enjoy unparalleled relaxation and rejuvenation, allowing your body and mind to unwind and recover from the stresses of daily life.

### O2 BREATHING & MEDITATION CHAIR

01 session \$90 | 02 sessions \$150

The O2 Breathing & Meditation Chair offers a transformative experience, guiding you to breathe consciously, slowly, and deeply. This process enhances both physical and mental well-being, promoting relaxation and stress relief. As you sit in the chair, you'll feel a gentle warmth enveloping you, while the chair massages your body. Through guided breathing and meditation exercises, the chair helps you achieve a state of deep relaxation and rejuvenation. The O2 Chair is designed to enhance your overall health and vitality, providing a sanctuary where you can unwind, recharge, and reconnect with yourself.

## EDEN VICHY TREATMENTS

\* Treatments available for booking from the 1st of June 2024

### SIGNATURE SEA BUFF

🕒 55 MIN | \$200

Full-Body Salt Exfoliation  
Vichy Shower

Indulge in a full-body exfoliation, using a blend of luxurious oils and special sea salts to smooth and invigorate the body followed by a warm and relaxing Vichy Shower, releasing tension from the muscles and switching off the mind.

### COCONUT OCEAN WAVE

🕒 55 MIN | \$250

Full-Body Coconut Exfoliation  
Full-Body Hydrating Coconut Cream Masque  
Face and Head Massage (while cocooned)  
Vichy Shower

Experience the wondrous Vichy Shower “ocean wave” at the completion of the full-body exfoliation, cream coconut wrap, face and head massage. This spa ritual is a true celebration of relaxation and rejuvenation, leaving you glowing and extra soft, plus feeling refreshed and revitalised.

## EDEN VICHY TREATMENTS

\* Treatments available for booking from the 1st of June 2024

### SIGNATURE SPA RITUAL

Experience the true essence of an Eden spa indulgence with our full-body rejuvenation treatment. This all-encompassing session will cleanse, energise, exfoliate the body, then calm and revitalise the spirit. Luxuriate in the feeling of being cocooned in warmed muds whilst you submit to a mind-melting head massage. Followed by our Vichy Shower, you will then surrender your body and soul to the rhythms of a restorative body massage.

🕒 55 MIN (no massage) | \$250

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

🕒 85 MIN | \$300

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

Back, Neck and Shoulder Massage (30min)

🕒 110 MIN | \$350

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

Full-Body Relaxation Massage (55min)

## EDEN VICHY TREATMENTS

\* Treatments available for booking from the 1st of June 2024

### ESPECIALLY FOR HIM/HER

🕒 110 MIN | \$350

Full-Body Salt Exfoliation  
Vichy Shower  
Relaxation Massage

Begin your journey of relaxation with a lime and ginger salt exfoliation, which will gently scrub away dead skin cells, leaving your skin feeling soft and revitalised.

Experience the soothing benefits of our aromatherapeutic deep tissue massage, where our skilled therapists use sports techniques to relieve muscle tension and promote relaxation. Finally, immerse yourself in our "Rain Therapy" Vichy Shower, where warm water will cascade over your body, washing away any remaining stress and leaving you feeling refreshed and rejuvenated.





## EDEN HEALING TREATMENTS

### ASTROLOGY

🕒 55 MIN | \$250

Astrology places your life in context with the energy of the universe through the blueprint present at the exact moment and place of your birth. Our astrologer intuitively looks at where the planets were located when you were born and how this impacts your past, present, and future, to provide insights into what attracts you, where you place your energy, how you love, relationships, and more. This reading will allow you to understand and explore your true nature by looking deeply into your birth chart and incorporating current transits (planetary phases) to support your understanding of why you may be experiencing certain events in your life and what is in store for the future. Please note: Time, date, and place of birth are required.

### AWAKEN CONSCIOUSNESS

🕒 85 MIN | \$280

Within the depths of your inner self lies a repository of memories from past emotional traumas, often manifesting in physical discomfort, digestive issues, behavioural patterns, and heightened stress responses. Experience the transformative power of transcending these barriers by liberating mental and emotional blockages while simultaneously fortifying your spirit through the age-old wisdom of esoteric acupuncture, rooted in sacred geometry-encoded patterns. This ancient art allows you to broaden your consciousness, enabling you to make choices untethered from the shackles of negative emotional experiences and reconstructing a foundation of positive response patterns in your life. Unlock the profound potential of your subconscious mind.

## EDEN HEALING TREATMENTS

### FLUID BODY

🕒 85 MIN | \$300

A remedial, yet deeply relaxing, full-body treatment that is effective at breaking up neuromuscular holding patterns that cause pain, tension and reduced mobility. These patterns may be generated by injury, poor posture and stress. Using a fluid-like movement throughout the body at varying depths, this massage can alleviate your discomfort and support you to feel more symmetrical and stronger with improved mobility and a sense of calm. Feel grounded and lighter in your physical and mental well-being.

### KINESIOLOGY

🕒 85 MIN | \$300

Kinesiology is the science of movement and is one of the leading therapies for effective health and stress management. All types of kinesiology, including traditional and neuro-linguistic programming (NLP) kinesiology, have their basis in muscle testing and are a way to identify whether a situation, activity, food, memory or substance is causing stress to the brain or body. These ailments may be corrected through powerful techniques such as bodywork, repatterning exercises, colour therapy, and more to bring you back to balance. Our amazing therapists tailor this gentle treatment to suit your body's specific needs.

## EDEN HEALING TREATMENTS

### EASTERN TONIC

🕒 85 MIN | \$300

Indulge in the perfect blend of ancient Chinese healing traditions with our Eastern Tonic treatment, seamlessly weaving together time-honoured techniques to offer a truly transformative experience, liberating your body from toxins, stress, and tension. With the expert touch of our practitioner, tight muscles are gently eased through a soothing massage, preparing the way for the subsequent cupping technique. This unique combination of therapies targets the release of fascia and stagnation, working in harmony to rejuvenate both body and spirit. The addition of acupuncture elevates this experience to a profound level, effectively alleviating pain and inviting deep relaxation by restoring the natural flow of energy throughout your being. Post-treatment, we recommend refraining from bathing activities like saunas, steam rooms, or swimming pools for the next 24 hours. Ensure the treated area remains covered and stay well-hydrated to maximise the benefits of this exceptional healing journey.



## EDEN HEALING TREATMENTS

### NERVOUS SYSTEM REJUVENATION

🕒 85 MIN | \$300

In a world of hustle, burnout and disconnect, this modality is a deep nervous system tonic that supports replenishment, renewal and alignment. Using a combination of somatic touch, craniosacral therapy, guided breath and gentle movement, our therapist collaborates with you to help bring regulation back to your autonomic nervous system. This type of touch is vastly different from traditional bodywork and can be profoundly useful to help your physiology resolve and release chronic stress and trauma held in your body, allowing you to reset your nervous system toward safety. Sessions can vary as to how they unfold - we will be present where you are in that moment, allowing the session to flow organically and safely, specific to your needs.

## EDEN HEALING TREATMENTS

### ALOHA HEALING

🕒 85 MIN | \$400

Experience a powerful, deeply honouring, and connective healing experience that aligns your physical body to your highest self. Our trained healer shares the love, spirit, and wisdom of the land of Hawaii to facilitate healing in your body and life by working intuitively and closely with the heartbeat of the earth to address illness, generational trauma, stress, pain, grief, and heartache. This session is perfect to support the guest who is in transition and gain a deep sense of clarity, connection and direction.

### LŌKAHI RITUAL EXPERIENCE

🕒 110 MIN | \$550

An immersive, balancing and transformational ritual using traditional curative practices combined with the natural healing essences of Eden. This nature-inspired ritual experience draws on ancient healing traditions practiced for generations to aid in the discovery of your truth, feeling at peace and in unity with yourself (and your environment). Rachele uses an integrative blend of modalities, ho'oponopono (the Hawaiian practice of reconciliation and forgiveness), sound healing, and Australian native vibrational essences to shed old patterns for deep, subtle body healing. A three-part ritual including intention, purification, and integration to harmonise, balance, and transform the body's energy processes to restore physical, mental, and emotional health.



E D E N



At Eden Health Retreat, we are proud to announce our partnership with Biologique Recherche, a brand synonymous with French skincare excellence. Founded by the Allouche family in a Parisian research laboratory, Biologique Recherche blends biology, physiotherapy and clinical medicine to craft a skincare legacy marked by excellence, quality and passion.

With over four decades of experience, Biologique Recherche's methodology revolves around innovative products and meticulous protocols. Their raw, cold formulation ensures a high concentration of active ingredients from natural or biotechnical compounds, free from parabens, silicones and fragrance. The unique facial techniques, developed by a physiotherapist go beyond traditional skincare, focusing on facial structure, muscle health and employing non-invasive electro-muscle stimulation.

Much like our holistic approach at Eden Health Retreat, Biologique Recherche recognizes that our skin's condition fluctuates due to various external and internal factors. Their professionals analyze these variables to recommend personalized treatments, ensuring your unique skin needs are met. The 30-minute skin diagnosis with the Skin Instant Lab allows our therapists to tailor your Biologique Recherche facial, addressing specific concerns such as pigmentation, lines, acne, sensitivity, and more.

Embark on an exclusive and truly unique facial journey with Biologique Recherche at Eden Health Retreat, where our goal is to guide you toward exceptional skin health.

Warm regards,  
Eden Skincare Consultants





## SKIN INSTANT LAB CONSULTATION

🕒 30 MIN | \$90

The Skin Instant Lab and Visio Lab machines measure hydration, trans-epidermal water loss (T.E.W.L, an indication of barrier function), elasticity, sebum, pores, lines and wrinkles, redness and pigmentation. This gives us an incredibly detailed insight into your skin's needs and the knowledge to treat your skin individually and effectively to maximise your results.

## FACIAL TREATMENTS

🕒 85 MIN | \$400

30 min Skin Instant Lab | 55 min Facial

This facial treatment includes skin diagnosis followed by a draining and lifting facial massage, exfoliation, personalised booster, and mask. The ingredients are deeply infused into the skin with the Remodelling Face oxygenation or desincrustation modules. Finished with a personalised treatment serum and creams to enhance the clarity, brightness and contour of your facial features.

🕒 115 MIN | \$450

30 min Skin Instant Lab | 85 min Facial

Our signature Biologique Recherche treatment is tailored to your unique skin needs. It encompasses a skin diagnosis, draining and lifting facial massage, exfoliation, personalised booster, and mask. To enhance the lifting effects, the Remodelling Face machine's lifting modules are employed, utilising various currents to facilitate the penetration of active ingredients to tone and lift facial muscles with electro-muscle stimulation. Finishing with serum and creams for lifted, redefined contours, plump and glowing skin.

## FACIAL TREATMENTS

🕒 140 min | \$500

30 min Skin Instant Lab | 110 min Facial

Our ultimate luxury facial offers complete rejuvenation tailored to your unique skin needs. Includes skin diagnosis, draining and lifting facial massage, exfoliation, personalised booster, and face mask. This treatment is elevated with a treatment enhancer in combination with the Remodelling Face machine, which aids in the penetration of active ingredients to lift and tone your features using electro-muscle stimulation. Depending on your requirements, we can also incorporate specific masks or targeted fine-line or electroporation modules to achieve enhanced results.

## TREATMENT ENHANCERS (CO-FACTORS)

From \$120

Specialty treatment enhancer for specific zones: eye area, jowls, and neck, lips, pigmentation, redness and/or dullness.



## EDEN WELLNESS THERAPIES

### PRIVATE MEDITATION SESSION

🕒 55 MIN | \$150 single / \$125pp share (max 3 ppl)

The way we feel can deeply impact the way we perceive our life. Discover and develop stillness, presence, and emotional well-being through mindful meditation and breathwork. This is a tailored one-on-one or shared guided session with easy-to-implement, life-changing tools. Based on scientifically-proven methods to revitalise energy, boost the immune system, and increase mental clarity and focus.

### PRIVATE BREATHWORK SESSION

🕒 85 MIN | \$250

During this session, you will have the opportunity to explore the transformative power of breathwork, a powerful technique that can release emotional blockages, stress, anxiety, and depression and promote deep healing. Our skilled facilitator will guide you through breathwork with sound healing, touch, energy work, and selected music to trigger certain emotions, allowing you to tap into your body's natural ability to heal and rejuvenate. Old patterns and dysfunctions can be released and transformed. Come prepared to dive deep within yourself, connect with your inner self, and emerge with a renewed sense of purpose.

## EDEN WELLNESS THERAPIES

### NUTRITION CONSULTATION

🕒 55 MIN | \$250

Assess your current health status and receive guidance and motivation on creating inspirational meals to improve your nutritional status and relationship with food in general. Throughout your personalised consultation, you may cover areas including:

- Digestion
- Gut and Mental Health
- Metabolism Hormone and Weight Management
- Nutrition

### COUNSELLING THERAPY

🕒 85 MIN | \$275

Honest and open conversations within our relationships often need new approaches and practice. Counselling/Psychotherapy is a respectful, self-empowering approach that assists you in increasing your ability to live with choice, meaning, and connection. Sessions focus on discussions to bring forth and embrace ideas that explore courage, authenticity and fresh perspectives that assist you in empowering your true self to become the person you have always wanted to be.

## EDEN WELLNESS THERAPIES

### STRESS AND EMOTIONAL RESILIENCE SESSION

🕒 55 MIN | \$300

These sessions are ideal for individuals experiencing high levels of stress, anxiety, and depression. The experience and tools provided are designed to empower you, relieving you from the constant weight of these challenges. Our expert will guide you through science-based tools — including breathwork, mindfulness, meditation, identifying anxiety triggers and more — that you can use to manage and mitigate experiences of stress, anxiety, and depression. Through these sessions, you'll learn to activate and access a profound sense of calm within yourself.

### BREATHWORK AND ICE IMMERSION SESSION

🕒 55 MIN | \$300

Dive into a highly transformative session of powerful Breathwork and Ice Bath with us. Our expert guide will lead you through conscious connected breathing, scientifically proven to enhance oxygenation and activate your nervous system, unlocking clarity and inner wisdom while releasing stored emotions. Then, immerse yourself in the invigorating world of the ice bath, known for its ability to stimulate circulation, reduce inflammation, and boost endorphin production through cold thermogenesis. Experience instant rejuvenation and heightened awareness as the cold triggers a natural healing response, which, coupled with the breathwork, radically enlivens your nervous system.

## EDEN WELLNESS THERAPIES

### PRIVATE BRAIN-CHANGING MOVEMENT CONSULTATION

🕒 55 MIN | \$300

Our brain-changing movement specialist will assess your movement and mobility concerns from a functional neurological aspect. They will study how you move and any pain, injury, or mobility issues you are experiencing based on how your brain is signaling to your body. From there, our specialist has the experience to educate you and create a unique brain-based movement plan that you will be guided through during your consultation.

Many guests report they feel instant improvement in their aches and pains, brain cognition, and an increased range of motion after just one brain-based session. Please feel free to bring your mobile phone or a camera so that you may record the movements that our brain-changing movement specialist provides you with for you to replicate at any later date.

## EDEN WELLNESS THERAPIES

### PRIVATE VEDIC MEDITATION COURSE

🕒 1 x 55 MIN, 2 x 85 MIN | \$1200 single / \$1000pp share

Radically change your relationship with stress (and anxiety and depression) and unlock the transformative power of transcendental Vedic meditation to experience a profound shift in your life. Celebrated as the most accessible and easiest meditation technique with a host of science-based benefits, including increased health and wellbeing, boosted creativity, refined responsiveness, reduced anxiety, PTSD, addiction, and depression, and a slower aging process. Vedic meditation is the ideal remedy for your physical and mental wellbeing. Its ease of practice makes it accessible to everyone, regardless of how busy your mind may be – no uncomfortable sitting positions are required. Our course makes you a self-sufficient meditator, and you receive ongoing support from our expert meditation mentor. Embark on this journey with us and witness a remarkable transformation in your life.





## EDEN LIFESTYLE THERAPIES

### PRIVATE YOGA SESSION

🕒 55 MIN | \$150 single / \$125pp share (max 3 ppl)

Personal Yoga at Eden is an opportunity to become more aware of habitual holding patterns on a physical, emotional, and mental level. Through a slow, guided sequence of asana (postures) and breath, you will naturally begin to feel a meditative state arising from within. From this place, we begin to unwind the physical body to reveal a more relaxed and connected version of ourselves. When you can meet the discomforts and challenges in your own body and mind through breath, patience, and compassion, you are naturally more able to meet the discomforts and challenges in your life from a centred and relaxed space. Suitable for all levels and abilities.

### PERSONAL TRAINING

🕒 55 MIN | \$150 single / \$125pp share (max 3 ppl)

Do you need the right kind of assistance to kick-start your exercise and fitness regime but lack motivation and skills? Are you tired of not feeling energetic and motivated? Our highly qualified Fitness Professionals will ensure you benefit from this treatment based on exercise physiology and neurological patterns. These treatments are designed for all levels, from beginners to intermediate and advanced, and those carrying old or recent injuries. The sessions focus on your specific needs and are built around your level of activity, training, fitness, mobility, and endurance.

## EDEN LIFESTYLE THERAPIES

### PRIVATE REFORMER PILATES SESSION

🕒 55 MIN | \$150 single / \$125pp share (max 3 ppl)

Pilates is a form of low-impact exercise that builds strength in your core muscles to improve postural alignment, muscle balance, strength and flexibility. The Pilates Reformer machine is recommended for any fitness level and can be helpful with physical rehabilitation.

### PERSONALISED TAKE HOME FITNESS PROGRAM

🕒 55 MIN | \$150

Eden's highly qualified Fitness Professionals will create a personalised fitness program to cater to your fitness needs and goals. Our expert trainers will conduct a thorough assessment and work with you to create a tailored fitness regimen suitable for life after Eden. With a combination of diverse exercises and targeted workouts, achieving your desired results is within reach.

