



The Holistic Hen

GIRL'S *Weekend Retreat* PACKAGES

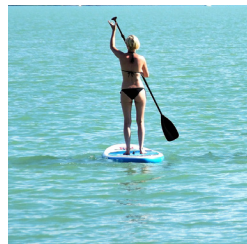
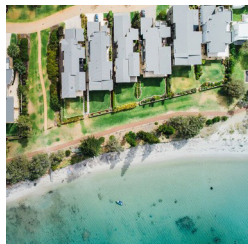


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DOWN SOUTH | FREMANTLE | ROTTNEST | SWAN VALLEY

Down South



THE DUNSBOROUGH DREAM

- Two Nights in a Villa
(3 nights May-Sept)
- Two Breakfasts
- Sparkling on arrival
- Guides to Secret Swimming Spots
- Choice of **Two** Classes
 - Yoga
 - Pilates
 - Sip & Stretch
 - Wine & Cheese Pairing
 - Gin Tasting Paddle
 - Release & Recovery Session
 - Meditation
 - Champagne Shopping
 - Gourmet Grazing Board

- Choice of **One** Activity
 - 2 Course Lunch at Aravina
 - 2 Course Lunch at Wise Winery
 - Indian Spice & Cooking Class
 - Styled Beach Picnic
 - Surf or SUP lesson
 - Massage or Facial (45 mins)
 - Male Life Drawing Class
 - 2 Course Lunch at Amelia Park Restaurant
 - Half Day Wine Tour
 - Tarot or Psychic Readings

Regency Beach Club

\$380pp (group of 6 or more)

\$400pp (group of 5)

\$450pp (group of 4)

Geographe Cove Resort

\$380pp (group of 4)

\$400pp (group of 3)

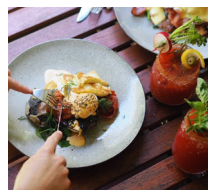
\$450pp (group of 2)

ALL-INCLUSIVE GIN & YIN RETREAT

- Two Nights in a chalet in Margaret River
- One Delicious Breakfast
- One Bloody Mary Brunch
- Two Yin Yoga Sessions
- Dinner Friday Night
- Lunch at the Brew House
- Gourmet Grazing Board
- Gin Cocktail
- Local Gin Trail Guide

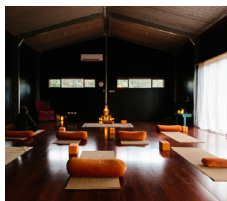
\$500 per person (Group of 2 or 3)

\$400 per person (Group of 4 or more)



ALL-INCLUSIVE YALLINGUP RETREAT

- 2 Nights (2 Bedroom Chalet)
- Two Breakfasts
- Sparkling on arrival
- Ayurvedic Dinner Friday night
- 2 Course Lunch at Winery
- Gourmet Grazing Board
- Yoga session
- Meditation session
- Cold Pressed Juice
- Aquarium & Injidup Natural Spa Guides



Premalaya Retreat

\$450 per person (Group of 4)
 \$500 per person (Group of 3 or 5)
 \$600pp (Group of 2)

The Freo Fling



- Two Nights Accommodation
- Two Breakfasts
- Sparkling on arrival
- Choice of **Two** Activities
 - Sunset Cocktail
 - Yoga Session
 - Meditation Session
 - Chocolate Tapas & Churros
 - Sip & Stretch
 - Brewery Tour & Tasting
 - Full Day Bike Hire
 - Cheese Fondue & Wine
 - Gin Tasting Flight
 - Gin Tour

- Choice of **One** extra activity
 - 2 Course Lunch or Dinner
 - Escape Room Experience
 - Manicure & Pedicure
 - Tarot & Palm Reading
 - High Tea @ The Esplanade
 - Comedy Night @ Creatures
 - Wine & Cheese Tasting Evening*
 - Floatation Therapy*
 - 30 Minute Massage
 - Male Life Drawing Class (min 6)
- *surcharge for groups under 4 (please enquire)

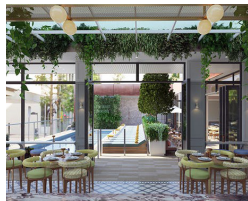
Be. Fremantle Apartments

\$400pp (min 4)

Tradewinds Hotel

\$400pp (min 2)

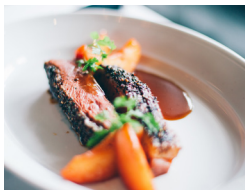
Perth-ect Escape



- 1 or 2 Nights at The Adnate (Twin Share)
- Breakfast Each Morning
- Sparkling on Arrival
- Saturday Pool Club with DJ
- Late 5pm Check Out
- Choice of 1 of the following:
 - Signature Cocktail
 - Punch Bowl
 - Sip & Stretch
 - Pilates
 - Yoga
 - Meditation
 - Spin for Gin Wheel
 - Cocktail Tree

- Choice of **One** Extra Activity
 - Hyde Feast Lunch with Bubbles
 - Hyde Feast Dinner with Bubbles
 - 30 Minute Massage
 - Mani and Pedi
 - Comedy Night with Bubbles
 - Cocktail Masterclass
 - Rooftop Movie & Bottomless Popcorn
 - High Tea @ The George
 - Tarot Reading
- 1 Night - \$250pp (Group 3 or more)
- 2 Nights - \$400pp (Group 3 or more)

Swan Valley Soirée



- Two Nights Accommodation
- Two Breakfasts
- Sparkling on arrival
- Choice of **Two** Classes
 - Yoga
 - Pilates
 - Sip & Stretch
 - Meditation
 - Wine & Chocolate Pairing
 - Wine Tasting
 - Gin Tasting
 - Kayak Hire
 - Cider Tasting Paddle
 - Happy Hour Cocktails

- Choice of **One** Extra Activity
 - 2 Course Lunch at Winery
 - 2 Course Dinner at Winery
 - Food & Wine Tasting Flight
 - High Tea
 - Manicure & Pedicure
 - Horse Trail Ride
 - Tarot or Psychic Readings
 - Half Day Wine Tour

The Vines Resort

\$400pp (Group 4 or more)

Mandoon Estate

\$460pp (Group 4 or more)