



The Holistic Hen

GIRL'S *Weekend Retreat* PACKAGES

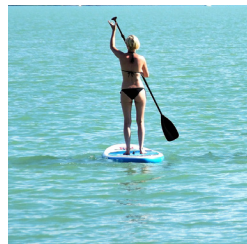
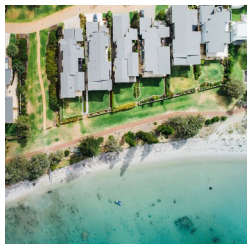


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DOWN SOUTH | FREMANTLE | ROTTNEST | SWAN VALLEY

Down South



THE DUNSBOROUGH DREAM

- Two Nights in a Villa
(3 nights May-Sept or mid week)
- 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
 - Gourmet Grazing Board
 - Infrared Sauna
 - Raw Treat Box

- 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 (upgrade full day \$30)
 - Tarot or Psychic Readings

Regency Beach Club

- \$380pp (group of 6 or more)
- \$400pp (group of 5)
- \$450pp (group of 4)

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

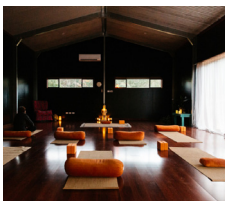
\$500 per person (Group of 2 or 3)

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



ALL-INCLUSIVE YALLINGUP RETREAT

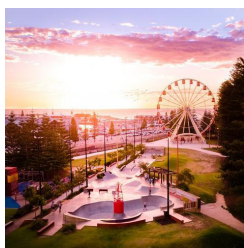
- 2 Nights (2 Bedroom Chalet)
- Two Breakfasts
- Sparkling on arrival
- Ayurvedic Dinner Friday night
- 2 Course Lunch at Winery
- Gourmet Grazing Board
- Yoga session
- Meditation session
- Aquarium & Injidup Natural Spa Guides



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
- Mini Manicure or Pedicure
- Tarot & Palm Reading
- High Tea
- Comedy Night @ Creatures
- Wine & Cheese Tasting Evening*
- Floatation Therapy*
- 30 Minute Massage
- Male Life Drawing Class (min 6)
- Sip and Paint Class (surcharge applies)
- *surcharge for groups under 4 (please enquire)

Be. Fremantle Apartments

\$415pp (3 or more)

Tradewinds Hotel

\$425pp (2)

Perth-ect Escape



- 1 or 2 Nights accomodation
- Breakfast Each Morning
- Sparkling on Arrival
- Choice of 1 of the following:

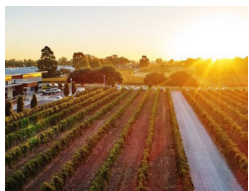
Signature Cocktail
Punch Bowl
Sip & Stretch
Pilates
Yoga
Meditation
Spin for Gin Wheel
Cocktail Tree

- Choice of **One** Extra Activity

Delicious Lunch
Delicious Dinner
30 Minute Massage
Manicure or Pedicure
Comedy Night with Bubbles
Cocktail Masterclass
Rooftop Movie & Bottomless Popcorn
High Tea
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
Cider Tasting Paddle
Happy Hour Cocktails
Wine & Food Pairing Flight

- Choice of **One** Extra Activity

2 Course Lunch at Winery
2 Course Dinner at Winery
Food & Wine Tasting Flight
High Tea
Mini Manicure or Pedicure
Horse Trail Ride
Kayak Hire
Tarot or Psychic Readings
Half Day Wine Tour
Fine Dining 3 Courses (\$20pp surcharge)

The Vines Resort

\$400pp (Group 4 or more)

Mandoon Estate

\$460pp (Group 4 or more)