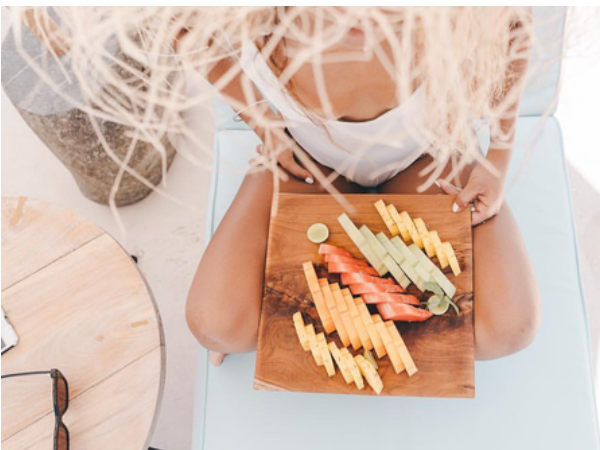




The Holistic Hen

Retreat Packages



INFO@THEHOLISTICHEN.COM.AU | 0493 251 884



INJIDUP INDULGENCE

Take a dip into pure luxury

Get ready for an epic weekend of pure indulgence at the one and only Injidup Spa Retreat. We're here to whisk you away on a journey that will leave you feeling rejuvenated, pampered, and utterly spoiled.

This package includes:

- Two Nights at Injidup Spa Retreat
- Bottle of Local Wine
- Breakfast Hamper
- Grazing Box
- Express Massage or Facial
- Three Course Long Lunch
- Late 11am Check Out

PACKAGE PRICE

Apartment with 2: \$880 PP

Apartment with 3: \$780 PP

Apartment with 4: \$680 PP

MINIMUM GROUP SIZE: 2 - 4

AVAILABILITY: Once a month

BLOCKOUT DATES: School Holidays

DUNSBOROUGH DREAM



ULTIMATE GIRLS WEEKEND

Our most popular retreat is the epitome of fun. It's the getaway. A little bit of fitness, a lot of laughter, and memories that'll last a lifetime.

This package includes:

- * 2 Nights in a villa at Regency Beach Club
- * 2 Delicious Breakfasts
- * Sparkling on Arrival

Choice of 1:

- 3 Course Lunch @ Clairault
- 2 Course Lunch @ Aravina
- Blue Manna Lunch or Dinner
- Rustico HayShed Degustation
- Massage or Facial (45 minutes)
- Tarot or Psychic Readings
- Male Life Drawing Class
- Paint & Sip
- Macrame or Weaving Worksop
- Half Day Retreat inc Lunch
- Coasteering
- Yacht Charter
- Half Day Wine Tour

(upgrade to a full day with lunch \$30pp)

PACKAGE PRICE

GROUP OF 4: \$500 PP

GROUP OF 5: \$460 PP

GROUP OF 6+: \$430 PP

Choice of 2:

- Yoga
- Sip & Stretch
- Release & Recovery
- Guided Meditation
- Wine & Cheese Pairing
- Wine & Chocolate Paring
- Bungalow Wine tasting
- Gin Tasting
- Raw Treat Platter
- Sushi Friday
- Gourmet Grazing Board
- SUP Hire

GROUP SIZE: 4 - 30

AVAILABILITY: Most weekends

BLOCK OUT DATES: Christmas School Holidays



NATURE & NOURISH

All Inclusive in Margaret River

If a weekend of yoga, meditation, and delicious food is what you're looking for, then the Nature & Nourish weekend in Margaret River is exactly what you need.

This all inclusive package includes:

- 2 Nights Accommodation
- 2 Delicious Breakfasts
- Wholesome Dinner Friday
- Gourmet Grazing Board
- Two Course Winery Lunch
- Yoga session
- Meditation session
- Sauna (coming soon)
- Wood fire hot tubs

PACKAGE PRICE

3 Bedroom Cabin
Group of 6 - \$450pp

2 Bedroom Cabins
Group of 4 - \$500pp

Suite with 1 King Bed
Group of 2 - \$650pp

AVAILABILITY

April - September (Once a month)

VINEYARD ESCAPE

Spend your weekend at the beautiful and secluded Yungarra Estate in the heart of Yallingup. Surrounded by the forrest, this unique estate with ocean views is perfect for small or large groups of friends to come to together for a weekend away from it all.

Explore the vineyards, taste fine wines and enjoy all your meals included in this fun and perfectly balances getaway.

This all inclusive package includes:

- Two Nights at Yungarra Estate
- Two Delicious Breakfasts
- Dinner at Caves House
- Full Day Wine Tour
- Lunch at Black Brewing
- Gourmet Grazing Board
- Our Girls Guide to the South West
- Third night free when staying Sunday - Thursday

PACKAGE PRICE

GROUP OF 2 - 3: \$600 PP

GROUP OF 4: \$500 PP

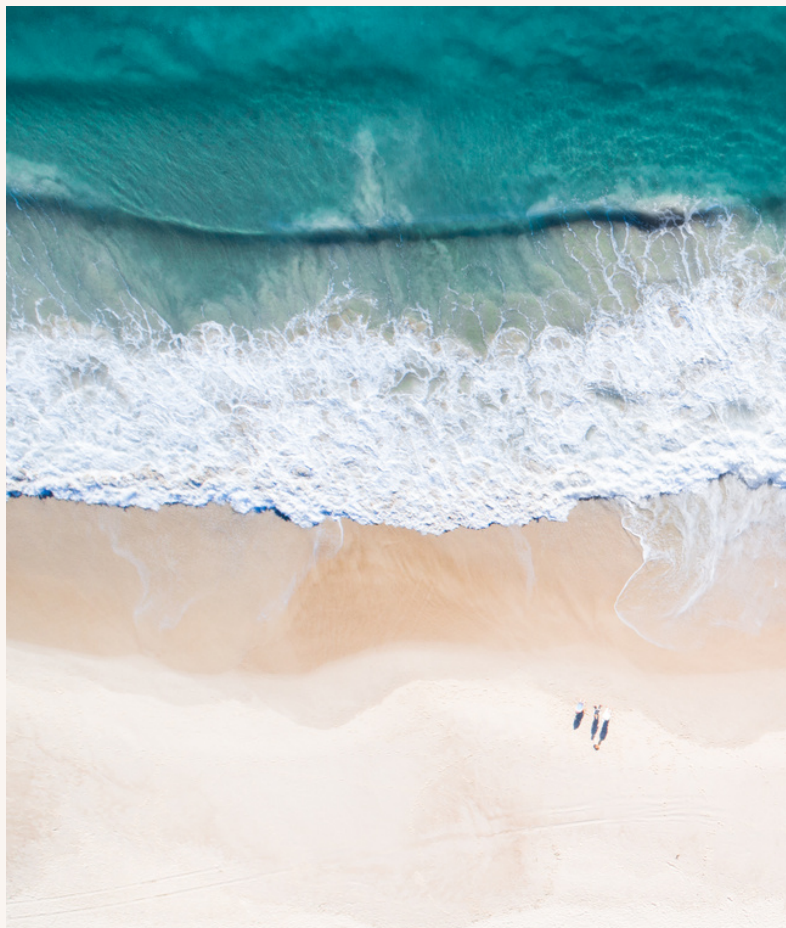
GROUP OF 5 OR MORE: \$460 PP

MINIMUM GROUP SIZE: 2 -24

AVAILABILITY: Twice a month

BLOCK OUT DATES: School Holidays





GIN & YIN RETREAT

Margaret River - All Inclusive

Enjoy an all-inclusive weekend escape to Margaret River. Staying in the town centre, your group will enjoy a rejuvenating getaway including yoga sessions, gin cocktails, delicious food and relaxation time.

This all inclusive package includes:

- Two Nights Accommodation
- Welcome Cocktail
- One Delicious Breakfast
- One Bloody Mary Brunch
- Lunch at the Brew House
- Dinner Friday Night
- Gourmet Grazing Board
- Yoga Session

PACKAGE PRICE:

GROUP OF 2 - 3: \$500 PP

GROUP OF 4 OR MORE: \$400 PP

MINIMUM GROUP SIZE: 2 - 30

AVAILABILITY: Once a month

BLOCK OUT DATES: School Holidays

PERTH-ECT ESCAPE

Wake up in the heart of Perth each morning and get out and explore everything our amazing city has to offer during the day and night. Staying at The Double Tree Waterfront or The Adnate you'll enjoy poolside cocktails, delicious food and a great central location.

- Two Nights at the Doubletree Waterfront or Adnate
- Two breakfasts
- Sparkling on arrival

Your choice of 2 of the following:

- Cocktail of the Day
- Cocktail & Nibbles @ The Raft
- SUP Hire on the Swan
- Kayak Hire on the Swan
- Half Day Bike Hire
- Karaoke Happy Hour (min 4)

PLUS choose 1 more:

- Bottomless Lunch
- Ladies Long Lunch
- Comedy Show
- Paint & Sip
- Tarot Reading
- Peddle Bar Tour
- High Tea



PACKAGE PRICE FROM \$485
MINIMUM GROUP SIZE: 2 -30
AVAILABILITY: Most weekends



MANDURAH MINI BREAK

Stay beachfront in modern spacious apartments in the centre of Mandurah and design your weekend from a list of fun and unique experiences.

- * Two Nights at Seashells Mandurah
- * Two Delicious Breakfasts

Choice of 2 of the following:

- Sunset Cocktails
- Yoga Session
- Meditation Session
- Cheese & Wine
- Gin Tasting Paddle
- Vodka Tasting Paddle
- SUP Hire
- Kayak Hire

Choice of 1 of the following:

- Bottomless Lunch
- High Tea Boat Cruise
- Tarot Reading
- Paint & Sip Session
- Bottomless Karaoke Package
- Canal BBQ Boat Hire (min 6)
- Massage or Facial (30 mins)
- Degustation Lunch (extra \$30pp)

PACKAGE PRICE

GROUP OF 2 - 3: Please enquire

GROUP OF 4 OR MORE: From \$485 PP

AVAILABILITY: On Request

SWAN VALLEY SOIRÉE

Don't want to venture too far from the city? Then our Swan Valley Soiree package is just the one for you! Located just an hour from Perth, it is the perfect weekend escape for you and your girls.

This package includes:

- * 2 Nights Accommodation
- * 2 Delicious Breakfasts

Choice of 1 Activity:

- Brewery Lunch/Dinner incl glass of wine
- 3 Course Fine Dining Lunch/Dinner (\$20pp surcharge)
- Brewery Tour
- Half Day Wine Tour
- Kayak Tour
- High Tea
- Horse Trail Ride
- Tarot or Psychic Readings

Choice of 2 Classes:

- Welcome Cocktail
- Sip & Stretch
- Yoga
- Meditation
- Wine Tasting
- Wine & Food pairing
- Cider Tasting Paddle
- Gin Tasting
- Grazing Board



THE VINES: FROM \$450 PP
MINIMUM GROUP SIZE: 4 - 30
AVAILABILITY: On request

MANDOON: FROM \$485 PP
MINIMUM GROUP SIZE: 2 - 20
AVAILABILITY: Once a month



THE FREO FLING

Stay on the water in modern spacious apartments in the centre of Fremantle and design your weekend from a list of fun and unique experiences.

- * Two Nights at Be. Apartments Fremantle
- * Two Delicious Breakfasts
- * Sparkling on Arrival

Choice of 2 of the following:

- Sunset Cocktail
- Yoga Session
- Meditation Session
- Cheese Fondue & Wine
- Chocolate Tapas & Churros
- Sip & Stretch
- Brewery Tour & Tasting
- Full Day Bike Hire
- Gin Tour & Tasting
- Mini Golf & Bowling
- Sauna & Swim

Choice of 1 of the following:

- Comedy Night
- Make-up Class
- Peddle Bar Tour
- Tarot & Palm Reading
- Asian Feast with Wine
- Two Course Beachside Lunch or Dinner
- High Tea
- Escape Room
- Karaoke
- Little Creatures Experience
- Male Life Drawing Class

PACKAGE PRICE

GROUP OF 2 - 3: Please enquire

GROUP OF 4 OR MORE: From \$450 PP

AVAILABILITY: On Request

A CROWN AFFAIR

Staying in 6 star luxury at The Crown Towers, this weekend is perfect all year round with our diverse range of optional choices that we know you all love!

This package includes:

- 2 Nights at Crown Towers
- 2 Nights Crystal Club
- VIP Check In
- Evening Cocktails & Canapés
- Daily Crystal Club Breakfast

PLUS your choice of one of the following:

- La Vie's High Cheese
- Nobu Lunch Special
- Silks Afternoon Tea
- Champagne Tasting
- Tarot Reading
- Poolside Orbit Hire

PACKAGE PRICE IS DYNAMIC

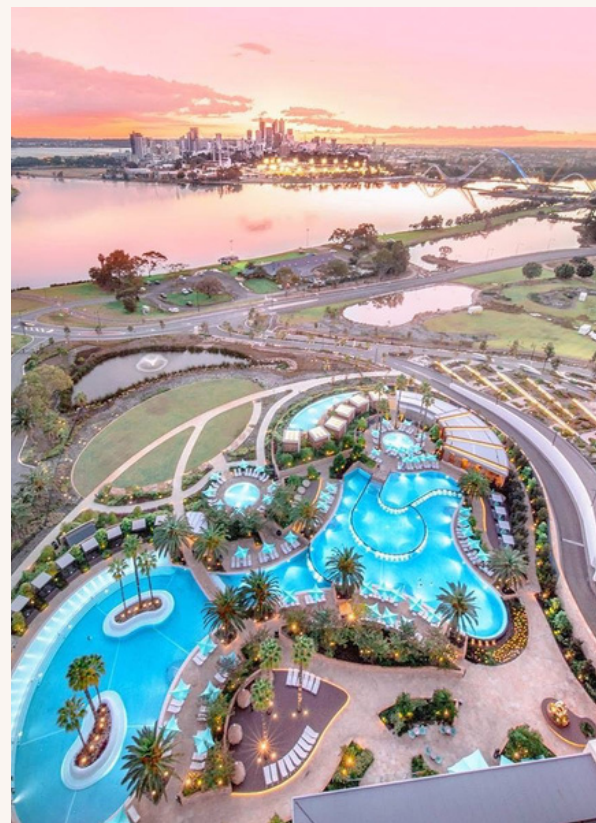
Deluxe Twin Room with 4

Deluxe Twin Room with 3

Deluxe Twin Room with 2

MINIMUM GROUP SIZE: 2 - 20

AVAILABILITY: Selected dates, all year round





ROTTNEST RESET

It's time to spoil yourselves ladies! If you are searching for the ultimate, luxurious and ultra chic getaway, then take a look at our Rottnest Reset at Samphire.

This package includes:

- 2 Nights at Samphire Rottnest
- Return Ferry from Fremantle
- Complimentary Parking & Drink on board
- Morning Yoga Session
- Tarot Reading
- Daily Continental Breakfast
- Long Lunch
- Late Check out of 11am

PACKAGE PRICE:

\$500 PP (Double Double Room with 4)

\$600 PP (Double Double Room with 3)

\$700 PP (King Room with 2)

MINIMUM GROUP SIZE: 2 - 24

AVAILABILITY: April - September

BLOCKOUT DATES: October - March

BALI BUCKET LIST

RETREAT TO BALI

It's time to head back to your favourite tropical paradise. To celebrate the reopening of Bali, we have carefully curated the best of Canggu and bundled it up into a cute little package for you and the girls to enjoy!

- * 3, 5 or 7 nights stay in Canggu
- * Daily Private Driver
- * Daily Breakfast
- * Airport Transfers
- * Holistic Hen Girls Guide to Bali

Choice of 2 if staying 3 nights
Choice of 3 if staying 5 nights
Choice of 4 if staying 7 nights

- Yoga Session
- Stretch & Sip
- Meditation
- Facial
- Reflexology
- Massage
- Manicure
- Pedicure

PACKAGE PRICE

3 nights & 3 activities - From \$500 PP
5 nights & 5 activities - From \$700 PP
7 nights & 7 activities - From \$1000 PP

* Flights are not included. Couples and mixed groups welcome.



Choice of 1 if staying 3 nights
Choice of 2 if staying 5 nights
Choice of 3 if staying 7 nights

- Tonic Day Spa Experience
- Cooking Class
- Cocktail Class
- Jewellery Workshop
- Surf Lesson
- Quad Bike & Waterfall Adventure
- Nusa Penida Day Trip
- Water Sports Nusa Dua
- Tarot or Palm Reading
- Finns Beach Club Day
- Dinner at one of Balis Best
- Lunch at one of Balis Best



DAY RETREATS

Escape the hustle of daily life pressures and immerse yourself in one of our new day retreat experiences in South Fremantle. Our "Yoga, Sauna & Ice" retreat focuses on revitalisation with yoga, ice baths, and sauna, while our "Yin, Sound & Art" retreat offers art therapy alongside yoga and sound healing.

YOGA, SAUNA & ICE

Yoga & Breath Work
Infrared Sauna
Ice Bath
Lunch at La Cabana

\$150pp

Available each month.

YIN, SOUND & ART

Yin Yoga
Sound Healing
Art Therapy
Healthy Lunch

\$150pp

Available each month.