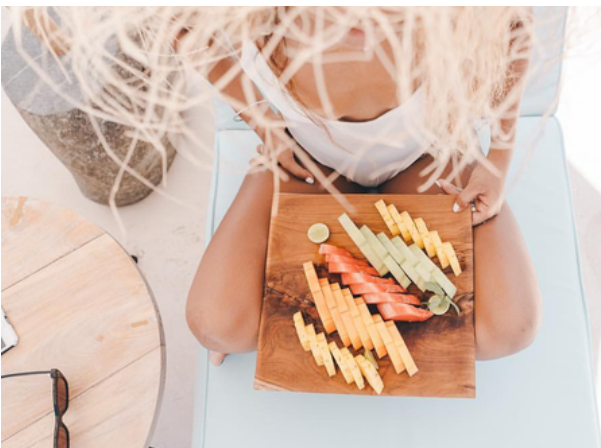




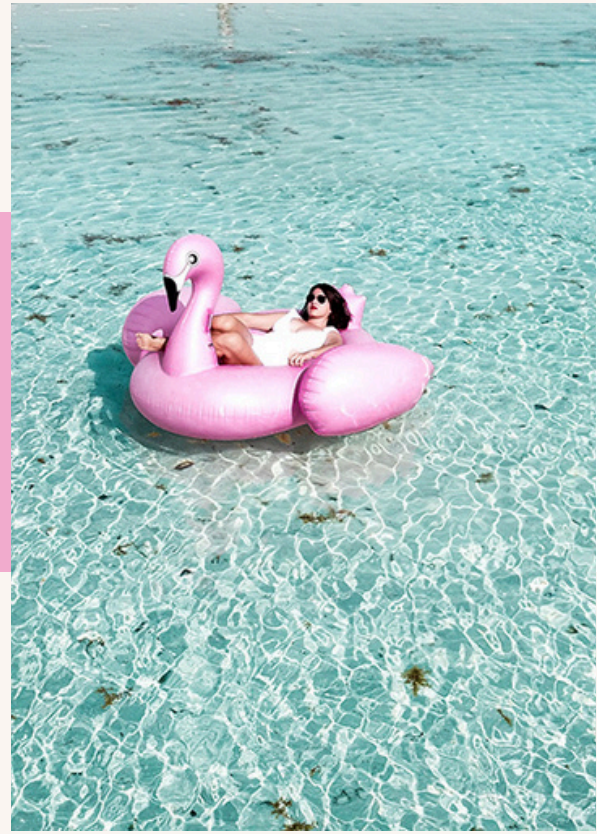
The Holistic Hen

# Retreat Packages



INFO@THEHOLISTICHEN.COM.AU | 0493 251 884

# 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 at Regency Beach Club or Yungarra
- \* 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
- Paint & Sip
- Macrame or Weaving Workshop
- Half Day Retreat inc Lunch
- Yacht Charter
- Full Day Wine Tour with Lunch

(Surcharge of \$50pp)

### PACKAGE PRICE

Please refer to website for current pricing.

Choice of 2:

- Yoga
- Sip & Stretch
- Release & Recovery
- Guided Meditation
- Sound Bath
- Wine & Cheese
- Bungalow Wine Tasting
- Gin Tasting
- Raw Treat Platter
- Gourmet Grazing Board
- Summer SUP Hire

GROUP SIZE: 4 - 30

AVAILABILITY: Most weekends

BLOCK OUT DATES: Christmas School Holidays





# INJIDUP INDULGENCE

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

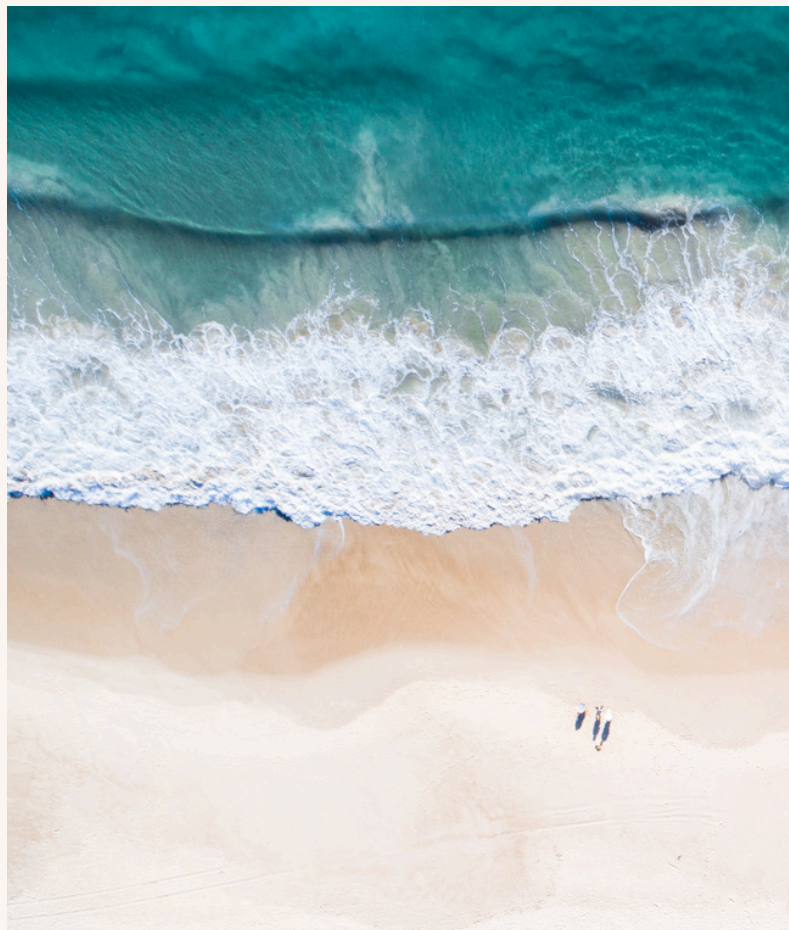
## PACKAGE PRICE

Please refer to website for current pricing.

MINIMUM GROUP SIZE: 2 - 4

AVAILABILITY: Once a month

BLOCKOUT DATES: School Holidays



# MARGIES RETREAT

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

Please refer to website for current pricing.

MINIMUM GROUP SIZE: 2 - 30

AVAILABILITY: Once a month

BLOCK OUT DATES: School Holidays





# NATURE & NOURISH

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
- Daily Breakfast
- Wholesome Dinner Friday
- Gourmet Grazing Board
- Two Course Winery Lunch
- Yoga session
- Meditation session
- Infrared Sauna

## PACKAGE PRICE

Please refer to website for current pricing.

MINIMUM GROUP SIZE: 2 - 30

AVAILABILITY: Once a month over winter



# 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:

Please refer to website for current pricing.



# 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
- Bespoke Welcome Cocktail
- Epicurean Breakfast

Plus your choice of TWO 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

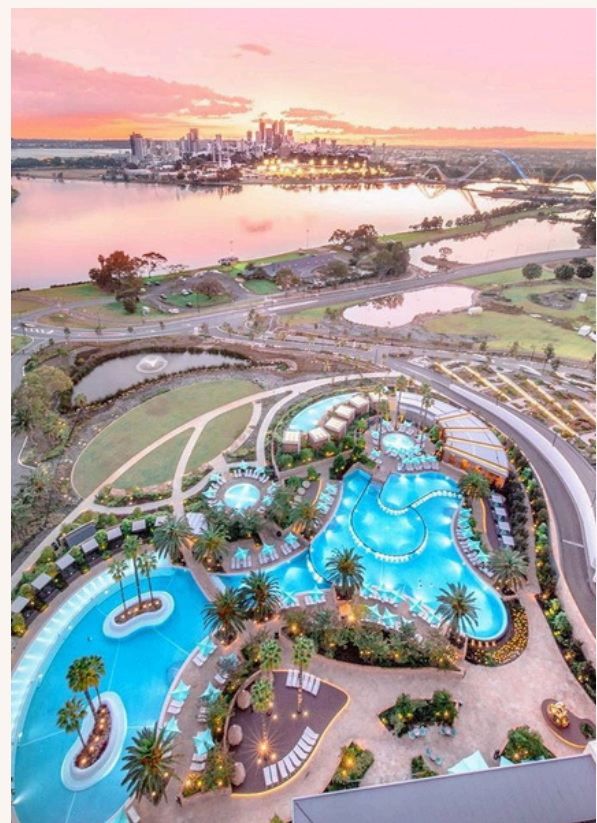
Deluxe Twin Room with 4

Deluxe Twin Room with 3

Deluxe Twin Room with 2

MINIMUM GROUP SIZE: 2 - 20

AVAILABILITY: Selected dates, all year round





# 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

PPACKAGE PRICE:

Please refer to website for current pricing.



# 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 (\$35pp surcharge)
- Brewery Tour
- Half Day Wine Tour
- Kayak Tour
- High Tea
- 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



PACKAGE PRICE:

Please refer to website for current pricing.



# 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:

- Two Nights at Samphire Rottnest
- Return Ferry from Fremantle
- Complimentary Drink Onboard
- Daily Continental Breakfast
- Welcome Cocktail
- Morning Yoga Session
- Degustation Lunch
- Late Checkout at 11am

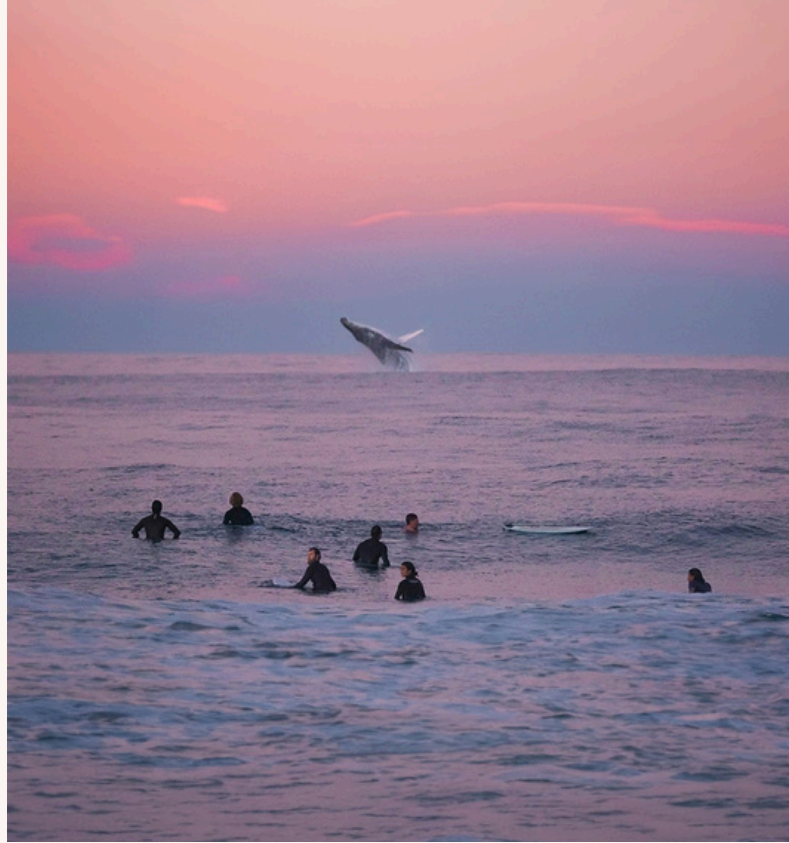
PACKAGE PRICE:

Please refer to website for current pricing and set dates.

MINIMUM GROUP SIZE: 2 - 24

BOOKINGS ALSO ON REQUEST





# BYRON BAY

We've put together the perfect package for an unforgettable getaway full of indulgence, relaxation, and a splash of fun. Kick things off with a banquet dinner at the fabulous Bang Bang Restaurant, next, we've lined up a visit to a swanky bathhouse where you can soak, scrub, and steam away your stress. And that's not all— enjoy a Bottomless Lunch complete with a welcome margarita and a 7-course shared feast.

This package includes:

- 4 Nights in a Beachfront Resort or Private House
- Banquet Dinner at Bang Bang
- Bottomless Lunch with Margarita on arrival  
(Includes a 7-course shared menu with wine & seltzers)
- Luxury Bath House Session  
(Includes sauna, cold plunge, hot tub & body scrub)

PACKAGE PRICE:

Please refer to website for current pricing.

MINIMUM GROUP SIZE: 4 - 15

AVAILABILITY: On request



# SYDNEY & BLUE MOUNTAINS

This new luxury four night package includes a slice of Sydney city living and a stay at the picturesque Blue Mountains. Enjoy a two night stay in Sydney, which includes a welcome gourmet grazing board and a Sydney Harbour dinner cruise. Then it's an easy two hour train ride to the Blue Mountains, with an exquisite dinner at Blaq & indulge in a Sparkling High Tea included.

This package includes:

- 2 Nights in a 5 Star Sydney Apartment Hotel
- Gourmet Grazing Platter on arrival
- Sydney Harbour Cruise with Dinner
- 2 Nights in a Boutique Blue Mountains Hotel (including Sauna, Woodfire Hot Tub & eBikes)
- Dinner at Blaq Restaurant
- Sparkling High Tea with Mountain Views

PACKAGE PRICE:

Please refer to website for current pricing.

Please get in touch for groups of 2 - 3

AVAILABILITY: On request



# 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
- Grazing Board

## PACKAGE PRICE

3 nights & 3 activities - From \$500 PP  
5 nights & 5 activities - From \$750 PP  
7 nights & 7 activities - From \$1000 PP

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

