The Holistic Hen

Retreat Packages







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YOUR GETAWAY LINE-UP

From sun-soaked beaches to wine country escapes, we've curated **15 dreamy destinations** designed to make your next girls' weekend effortless (and unforgettable). Whether you're craving lazy pool days, boutique shopping, or winery-hopping with a glass in hand, we've got the perfect trip waiting for you and your besties.

01 PERTH & SURROUNDS

02 SOUTH WEST

03 EAST SIDE

04 OFF SHORE





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

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:
Please refer to our website page 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
* 1 Estate buffet breakfast

Choice of 1 Activity:

- Brewery Lunch/Dinner incl glass of wine
- 3 Course Fine Dining Lunch/Dinner (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 our website page 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
- Set Lunch at Lontara
- Late Checkout at 11am

PACKAGE PRICE:
Please refer to our website page for current pricing and set dates.

MINIMUM GROUP SIZE: 2 - 24
BOOKINGS ALSO ON REQUEST

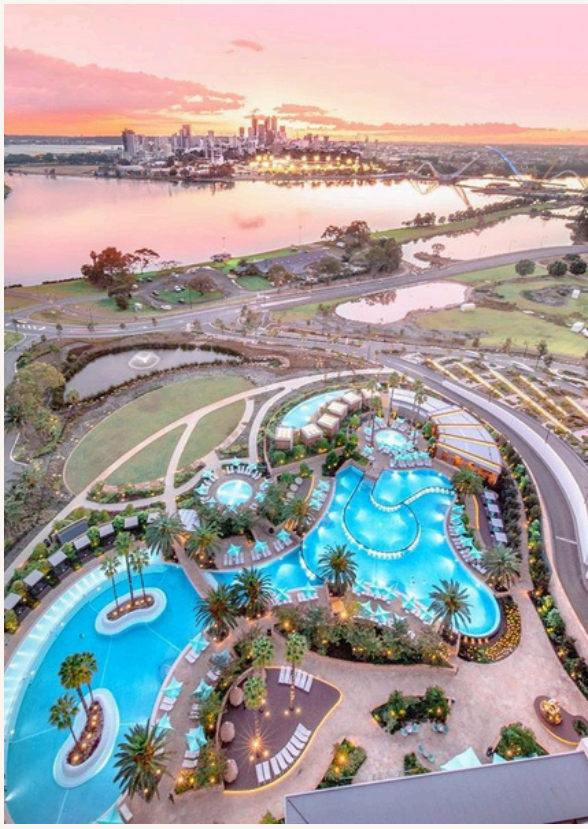
A CROWN AFFAIR



Staying in 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:

- Two Nights at Crown Towers
- Crystal Club Access with
- VIP Check In
- Daily Breakfast
- Nightly Cocktails & Canapés



Plus your choice of one of the following:

- La Vie's High Cheese
- Nobu Lunch
- Silks Sunday Afternoon Tea
- Bistro Guillaume Lunch
- Tarot Reading
- Half Day 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
PRICING: Please see our website page.





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 page for current pricing.





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 page for current pricing.

MINIMUM GROUP SIZE: 2 - 4
AVAILABILITY: Twice 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 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
- 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 $60pp)

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

PACKAGE PRICE
Please refer to website page for current pricing.

GROUP SIZE: 4 - 30
AVAILABILITY: Most weekends
BLOCK OUT DATES: Christmas School Holidays

AQUA AFTERGLOW



BUSSELTON 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 Aqua Resort (3rd night free May - August)
* 2 Delicious Breakfasts
* Bottle of wine on Arrival

A choice of TWO of the following:

- Yoga
- Sip & Stretch
- Guided Meditation
- Sound Bath
- Gourmet Grazing Board
- Wine & Chocolate Tasting
- Wine Tasting
- Gin Tasting
- Mini Golf Session
- Busselton Jetty Train Ride

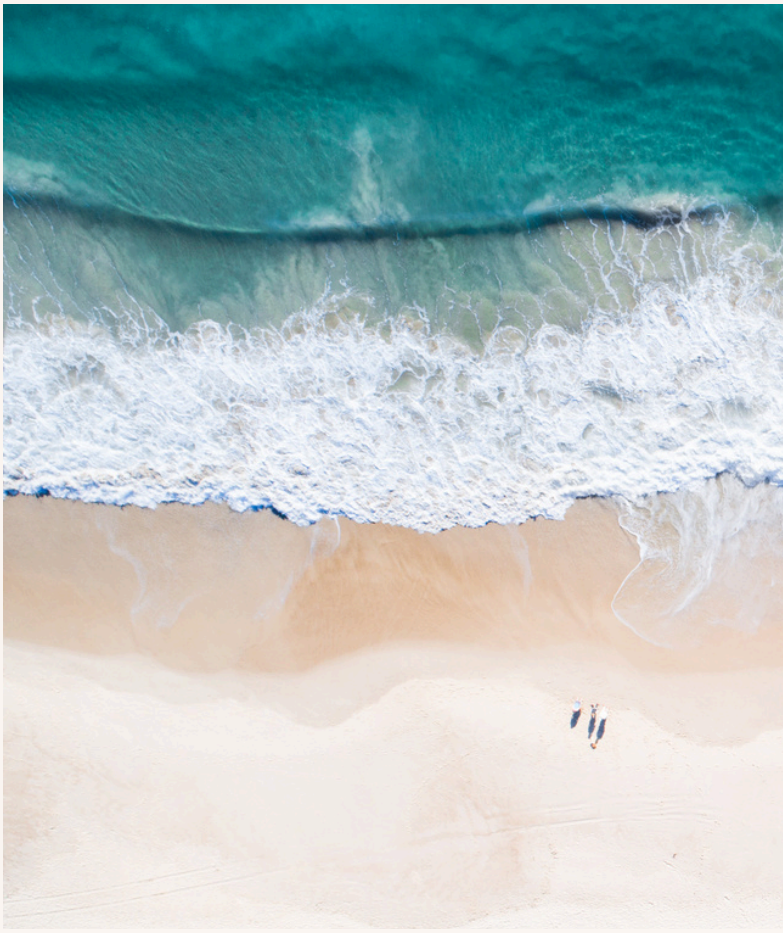
Choose ONE more of the following:

- Inara Bottomless Lunch
- Rustico Degustation
- Palmers Winery Lunch
- Aravina Winery Lunch
- High Tea with Sparkling
- Massage or Facial (45 minutes)
- Tarot Reading or Clairvoyant
- Paint & Sip
- Happs Pottery Class
- Wine Tour with lunch (+$60pp)

PACKAGE PRICE
Please refer to website page for current pricing.

GROUP SIZE: 4 - 30
AVAILABILITY: Most weekends
BLOCK OUT DATES: Christmas School Holidays





MARGIES FOOD 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

*Optional lunch upgrade to Rustico Degustation

PACKAGE PRICE
Please refer to website page for current pricing.

MINIMUM GROUP SIZE: 2 - 30
AVAILABILITY: Once a month
BLOCK OUT DATES: School Holidays





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— stay for 4 nights and enjoy a Bottomless Lunch complete with a welcome margarita and a 7-course shared feast.

This package includes:

- 2 Nights in a Beachfront Resort or Private House
- Daily Morning Yoga
- Banquet Dinner at Bang Bang
- Luxury Bath House Session
  (Includes sauna, cold plunge, hot tub & body scrub)

Add ons:
Extra nights accommodation
Bottomless Lunch at The Tree House

PACKAGE PRICE:
Please refer to our website page for current pricing.

MINIMUM GROUP SIZE: 2 - 20
AVAILABILITY: On request





MCLAREN VALE

Pack your bags, babe – McLaren Vale is calling and we are answering.
For the ultimate winery weekender, our two-night escape has you checking into a chic coastal stay with a grazing board and bubbles on arrival, plus a winery long lunch. If your keen to explore all the region has to offer, a full-day wine tour through McLaren Vale is available as an upgrade.

This package includes:

- 2 Nights Accommodation
(Luxury Coastal House or Cosy Cabin)
- Gourmet Grazing Box on Arrival
- Local Bottle of Wine
- Long Winery Lunch at Flore Restaurant

Upgrade to a Full Day Wine Tour: $100pp (includes transport and lunch at the Salopian Inn)

Add ons:
Extra nights accommodation
Lunch at iconic The Star of Greece

PACKAGE PRICE:
Please refer to our website page for current pricing.

MELBOURNE



If a stylish city escape is calling your name… Melbourne is the answer. Your two or three-night girls' getaway includes a gorgeous city-stay plus your pick of Melbourne's best experiences — think comedy nights, cocktails, tastings, grazing moments and gorgeous little adventures along the Yarra.

You'll also choose a signature experience to elevate your weekend: maybe a soak session, a hidden-bar tour, a long lunch, a foodie experience or even a Yarra Valley or Peninsula Hot Springs upgrade.

An effortlessly curated Melbourne escape, made for you and your favourite people.

* 2 or 3 Nights Accommodation

A choice of TWO of the following:

- Comedy Night
- Gin Tasting Flight
- Happy Hour Cocktails
- Oysters & Bubbles
- Wine & Cheese Platter
- Yarra Boat Hire*
- Gondola Ride
- Gourmet Grazing Board*

Choose ONE for 2 nights, TWO for 3 nights

Soak Bath House Session
Hidden Bar Tour
Lunch at Cumulus
Lunch at Waterfront
Dinner at Ho Chi Mamma
Teppanyaki Dinner
Foodie Tour
Gin Master Class
High Tea
Yarra Valley Wine Tour (add $100pp)
Peninsula Hot Springs (add $100pp)

PACKAGE PRICE
Please refer to our website page for more information.





MALDIVES

Grab your sunnies and sarong — the Maldives is pure magic. Think white sand, turquoise water, palm-shaded cocktails, and those "pinch me" moments at Club Med Kani, where barefoot luxury meets fun.

With all-inclusive ease, a balance of wellness and wine, and unforgettable reef-to-sunset adventures, it's perfect for families, couples, or the ultimate girls' getaway. Your next out-of-office just got unforgettable.

- Beachfront Accommodation
- All your Breakfast, Lunch & Dinners
- Sunset Snack Hour
- All-Inclusive Drinks (Including Cocktails)
- Return Flights from Perth
- Ferry Transfers from Male Airport

Included Activities
+ Daily Snorkelling Boat Trips
+ Daily Yoga, Meditation & Fitness
+ Kayak, SUP and Sailing
+ Cooking Lessons
+ Evening Shows & Entertainment

AVAILABILITY: All year round
PACKAGE PRICE:Please refer to our website page for current pricing.

BALI - CANGGU



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!

* 5 night stay in Canggu or Uluwatu
* Daily Breakfast
* Airport Transfers
* Girls Guide to Bali

Choice of 3 of the following:

- Yoga Session
- Stretch & Sip
- Meditation
- Facial
- Reflexology
- Massage
- Manicure
- Pedicure
- Grazing Board
- Private Driver

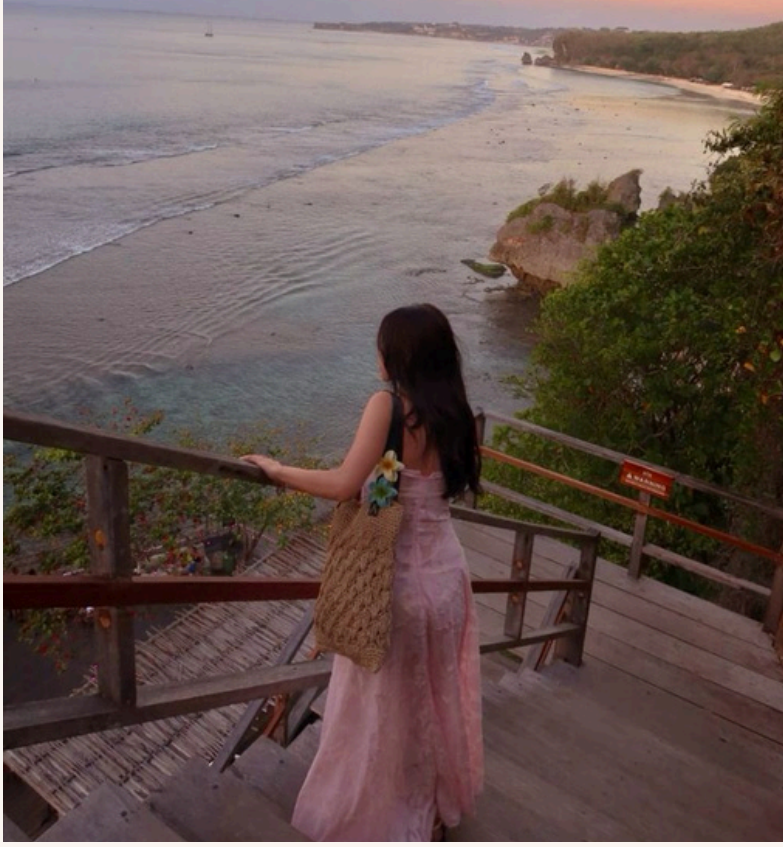
Choice of 2 of the following:

- Day Spa Experience
- Cooking Class
- Cocktail Class
- Jewellery Workshop
- Surf Lesson
- Quad Bike Adventure
- Nusa Penida Day Trip
- Tarot Reading
- Beach Club Day
- Dinner at Skool
- Dinner at Mexicola

PACKAGE PRICE
Please refer to our website page for more information.

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





THE ULWATU EDIT

Welcome to Uluwatu, where clifftop sunsets, luxe beach clubs and tropical cocktails set the scene for the ultimate Bali escape.

With luxury accommodation, your own private driver, a little wellness and plenty of fun, our Uluwatu Edit is the ultimate girls' getaway. From sunset cocktails at Single Fin to VIP days at Sundays Beach Club, every detail is taken care of. All you need to do is round up the girls, pack your bags and get ready for four unforgettable nights in paradise.

- 4 Nights in a Luxury King Suite
- Daily Breakfast
- Airport Transfers
- Daily Private Driver
- Grazing Board & Bubbles on Arrival
- Welcome Dinner at Teja
- Spring Spa Massage & Facial
- Poolside Sunset Session at Single Fin
- VIP Sundays Beach Club Day
- Sunset Yoga or Sound Bath
- Final Dinner at Yuki

Extra nights available as an add on.

AVAILABILITY: All year round

PACKAGE PRICE:Please refer to our website page for current pricing.